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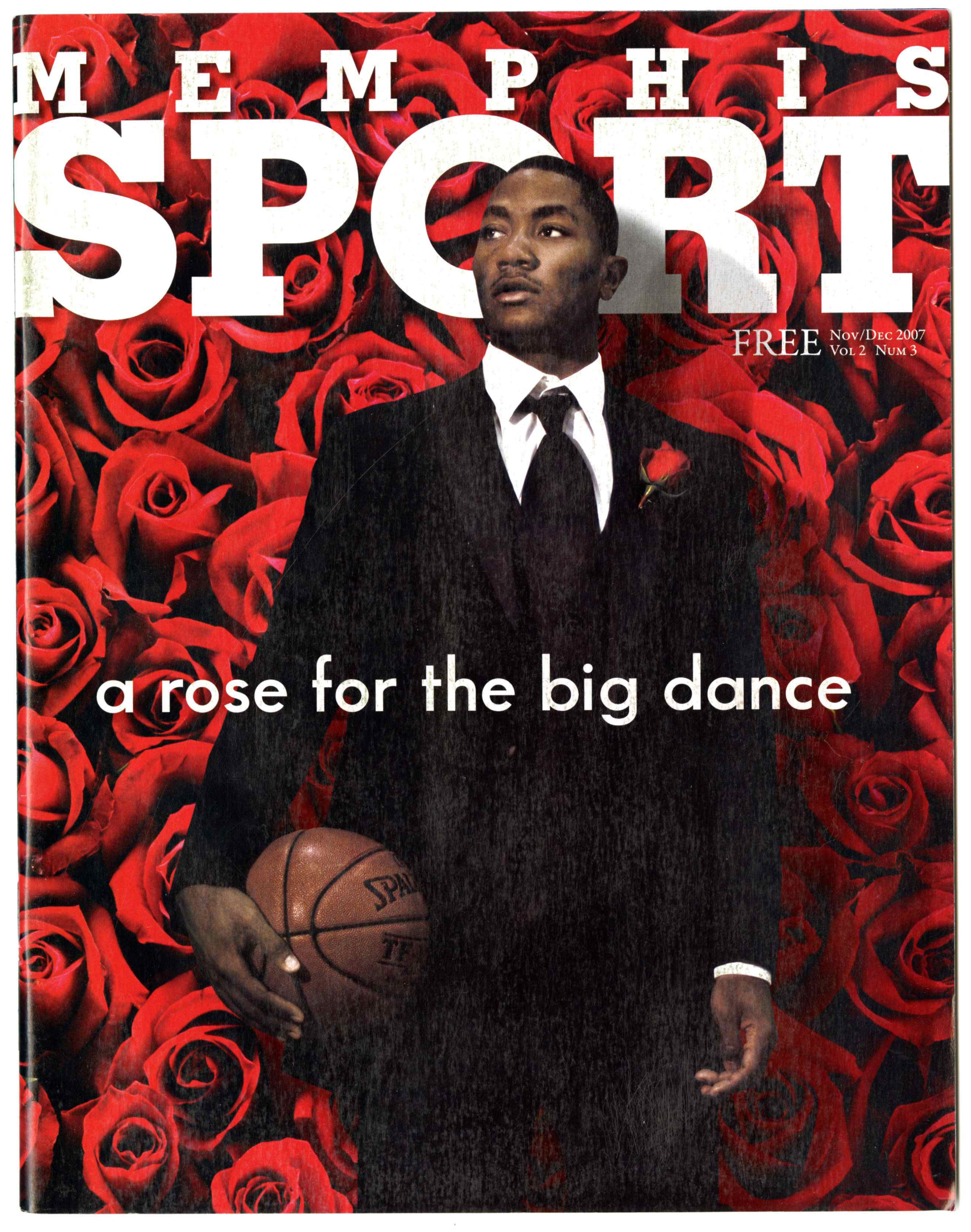
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MEMPHIS SPORT

FREE Nov/Dec 2007
VOL 2 NUM 3

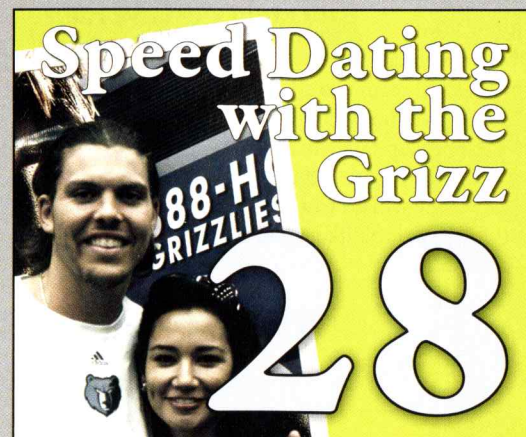
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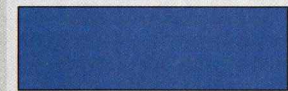
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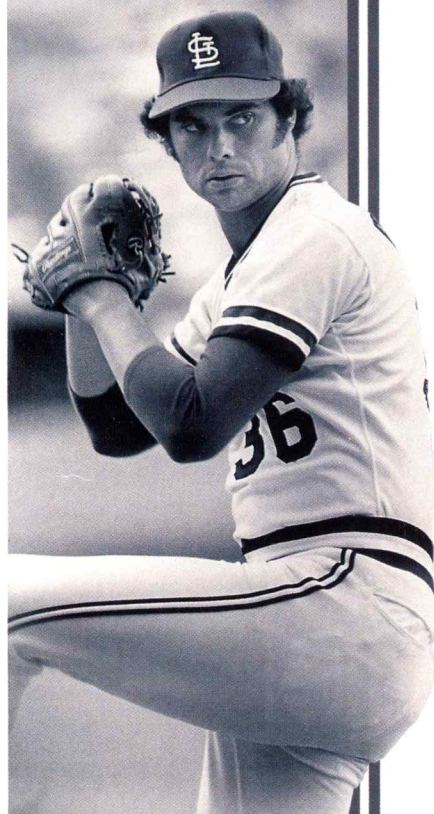
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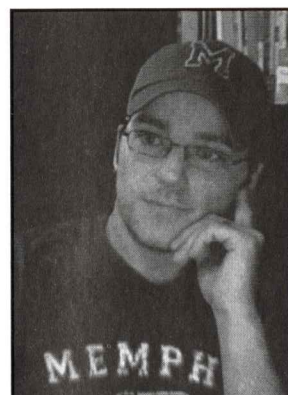
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PUBLISHER'S NOTE



There are a lot of things going on this time of year. It's tough to stay focused... I can't root for Mike Conley Jr. yet. I am still holding a grudge from that Elite Eight game last year. I won't drop the junior until I get over that grudge... I am routinely amazed at some of the events Memphis Motorsports Park pulls off... The RiverKings had the best gameday promotions of any local area sports team last year...

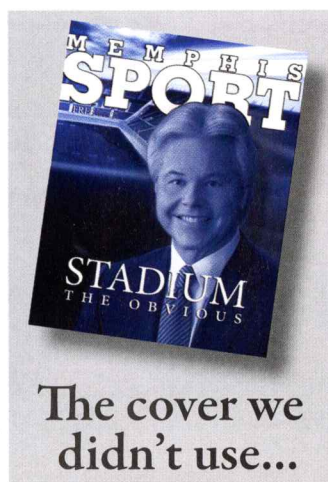
SEC Prediction: Ole Miss will not win one conference game this year, making them 0-8 for the season, after Mississippi State beats them by two touchdowns in the Egg Bowl...

On September 29, www.firecoach.com appeared on the internet and on October 20, www.firecoach.net popped up as well... Just so you know, www.firetommywest.com is already taken... My fantasy football team is horrible. Can someone trade with me for a good running back?

I know we have been over this before, but can you believe the RiverKings have been here for 15 years. You have to admire that. Imagine what they could do if Harold Byrd and John Calipari raised money for them... The Titans defense has got to step up and learn to close out games... We didn't use the "stadium" cover because it was blue. So was our last issue. I'm more excited about Derrick Rose right now anyway... I would like to have a moment of silence for Dyer Miller, the Redbirds pitching coach for the past eight seasons and the man who appeared on our very first cover. He has been reassigned within the organization and will not return to the Redbirds for next season...

The Tiger football program seems broken if you listen to sports talk radio. But this team will be significantly improved in the win-loss column. They could easily be 7-5, but I predict 6-6. If we could fit Joey Dorsey and Pierre Niles into some pads it could be better. Maybe Coach Cal should start recruiting for the football team too... I like the smaller lineup for the Grizzlies. They won't defend anybody, but they will be fun to watch... Why was Pouncer not invited to the Capital One Mascot Open (www.capitalonebowl.com) and what is Zippy from the University of Akron doing in there?... SEC Prediction: Tennessee will go to a bowl game, fire Phillip Fulmer and hire John Gruden... If you don't like my ramblings, www.firemikebullard.com is available...

Mike Bullard, publisher



The cover we didn't use...

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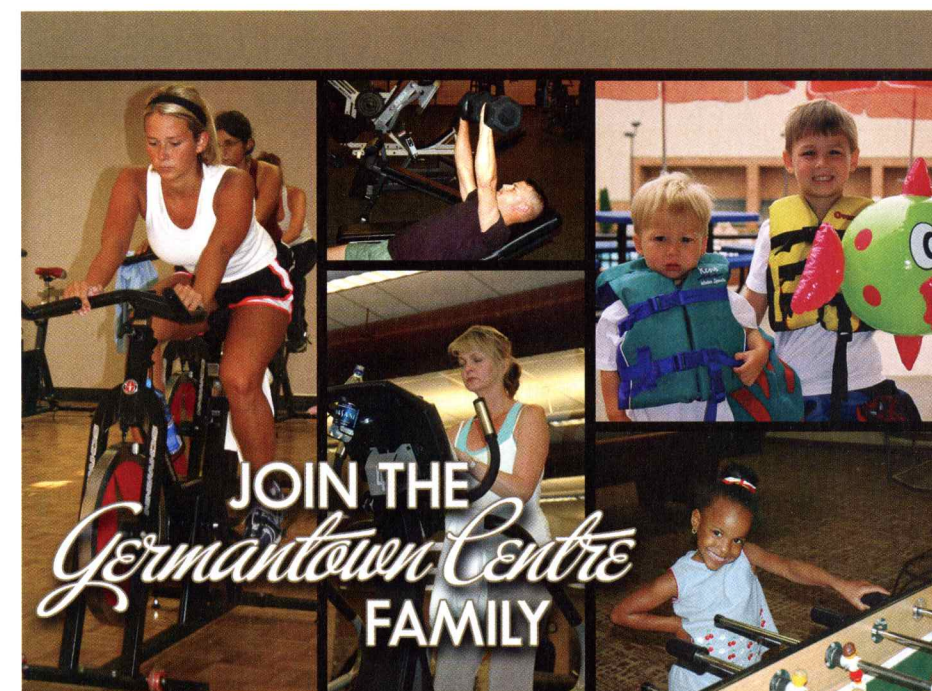
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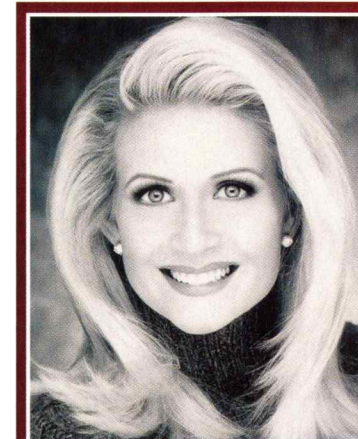
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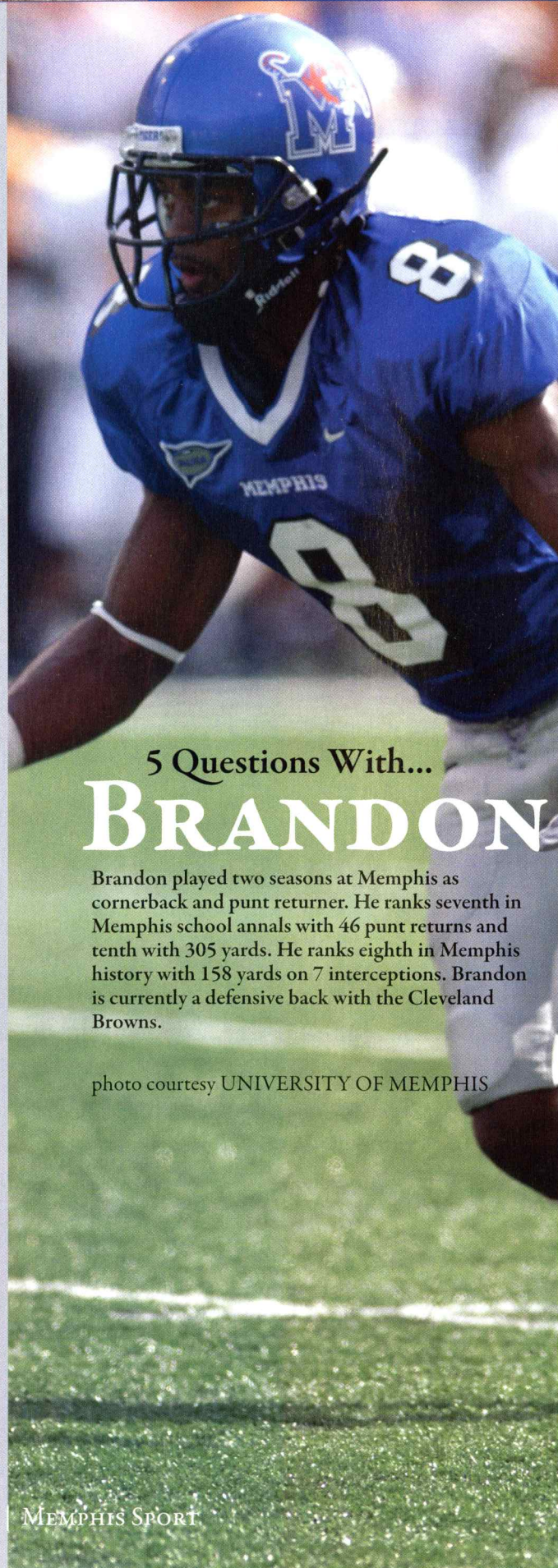
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5 Questions With... BRANDON McDONALD

Brandon played two seasons at Memphis as cornerback and punt returner. He ranks seventh in Memphis school annals with 46 punt returns and tenth with 305 yards. He ranks eighth in Memphis history with 158 yards on 7 interceptions. Brandon is currently a defensive back with the Cleveland Browns.

photo courtesy UNIVERSITY OF MEMPHIS

1. Entering last year's NFL draft, did you have any idea when you were going to be drafted or by what team?

The whole experience was really nerve racking. I had no idea when or where I was going to go, but I didn't really get too worried about it. I was just really happy when it finally happened.

2. What is the biggest difference you have seen between playing football in the NFL and college?

The players in the NFL are just smarter overall than they are in college. I played with some great players and against some great players, but the guys in the NFL are studying all the time and competing hard on every play.

3. Speaking of players you used to play with, do you still talk to any of your former Tiger teammates?

Definitely. There are a few guys that I still talk to pretty often. I spent a lot of time with some of those guys in college, and I didn't want to lose touch.

4. Memphis winters can get pretty cold, but nothing like the lake effect weather you are going to feel in Cleveland. How are you preparing for the cold conditions?

Man, I know. I haven't experience it yet but I've heard it gets pretty cold here. I don't even know what I'm going to do. It's definitely something I'll have to adjust to, that's for sure.

5. In the last issue of Memphis Sport, we rated the hot wing places all over Memphis. What was your favorite place to get hot wings?

I'm not actually a big hot wing fan. I went to Buffalo Wild Wings a few times, but I'm more of a rib guy. A full order of ribs from the Rendezvous is more my style.

5 THINGS TIGER BASKETBALL PLAYERS SHOULD SHAVE ON THEIR HEADS THIS YEAR

1. On-campus football stadium designs
2. The state of Texas (site of the 2008 Final Four)
3. A tiger eating SI's Seth Davis
4. David and Goliath
5. The Cal's Steakhouse menu

5 THINGS THAT COULD CHEER UP ANY TIGER FOOTBALL FAN

1. Tiger basketball
2. Talk of an on-campus stadium
3. A bowl game
4. Watching an Ole Miss game
5. A Duke football fan

5 WESTERN CONFERENCE TEAMS THAT WILL BE WORSE THAN THE GRIZZLIES THIS SEASON

1. Portland Trailblazers
2. Minnesota Timberwolves
3. Seattle SuperSonics
4. ~~San Antonio Spurs~~ LA Clippers
5. Sacramento Kings

5 LISTS WE ARE WORKING ON FOR FUTURE ISSUES

1. Five good things that happen at a club after midnight
2. Five possible nicknames for Kyle Lowry
3. Five excuses for another losing season (fill in your favorite team)
4. Five coaches taller than Marc Ivaroni
5. Five people who can name the guy who replaced Greg Gaston on ABC 24



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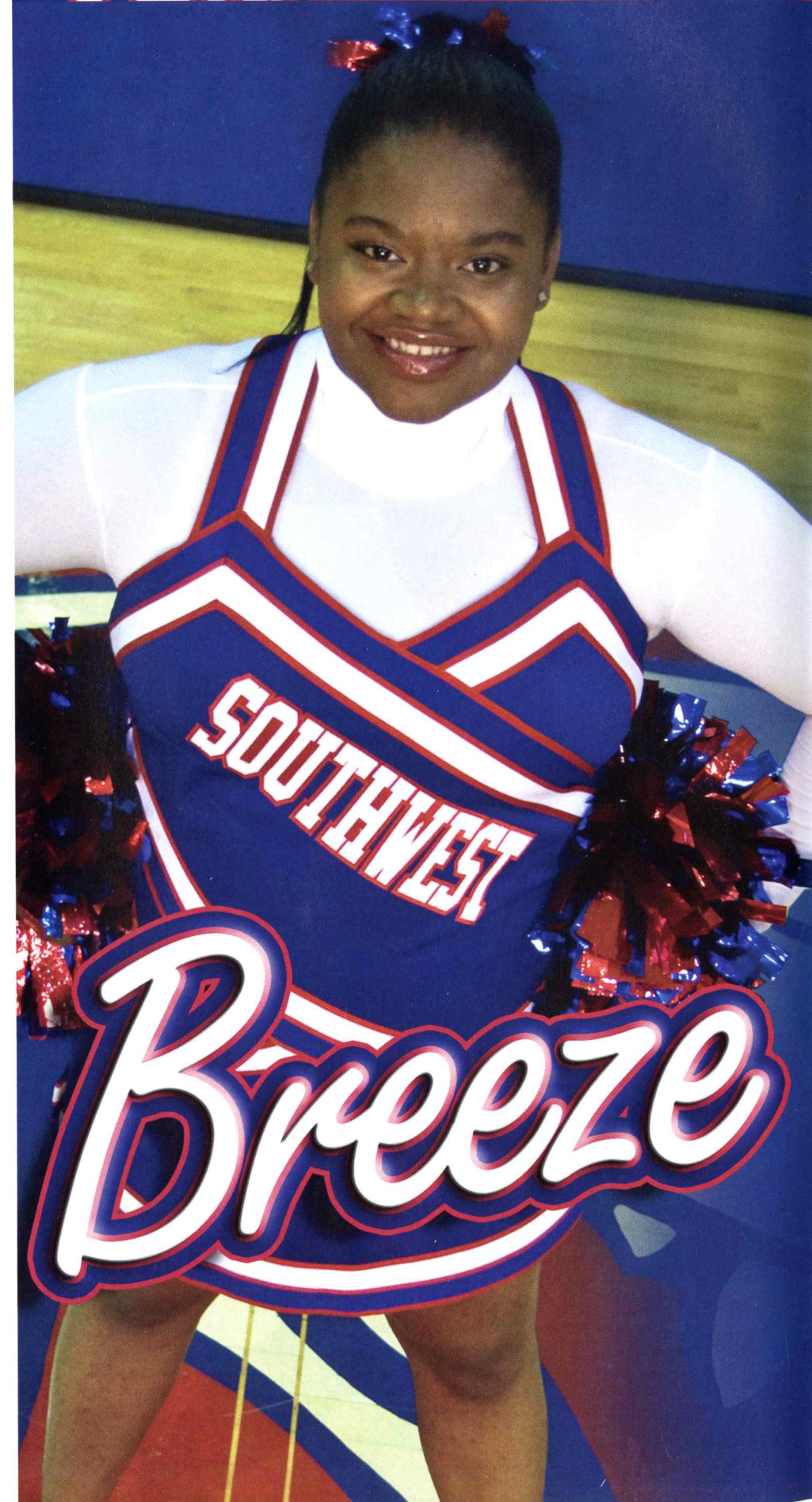
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BRING IT ON



SOUTHWEST TENNESSEE COMMUNITY COLLEGE CHEERLEADER

by KEVIN CERRITO
 photo by SEAN DAVIS

Who do the Southwest cheerleaders cheer for? We cheer for the boys' and girls' basketball teams at home games.

How long have you been on the squad? This is my second year.

How often do you all practice? Three days a week. In the spring, we practice four days a week to prepare for nationals.

Do you have time for a job? Yes, I am the assistant wedding coordinator for Dream Events.

What are you studying in school? Pre-law.

Do you have any pets? I have a little turtle called Pee-Wee.

What is your favorite radio station? 105.9, the country station. I love it. I'm a big fan of Rascal Flatts and Carrie Underwood.

What do you like to watch on TV? The Dallas Cowboys cheerleader tryouts.

What is your favorite sport? Racquetball. It became my favorite when I took the class last semester.

Who is Southwest's biggest rival? Jackson State, I believe.

How often do you fly Southwest Airlines? I'm scared to get on planes. My first flight is in two weeks. I'm so nervous. I'm flying to Orlando, Florida to visit one of my best friends. I'm so nervous. *M*

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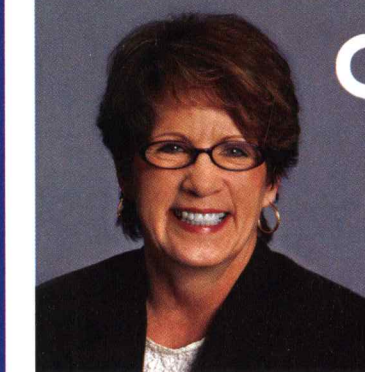
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WHAT IF?

The Sports Page

GOIN' BACK TO CAL TIGERS FINALLY GET THEIR MAN

In a press conference today, University of Memphis Athletic Director R.C. Johnson officially announced the hiring of John Calipari as head coach of the men's basketball team. It appears that the relationship between Calipari and Johnson that began nearly seven years ago has finally paid off. Unfortunately for Tiger fans, those seven years may be difficult to forget.



by JAN MICHAEL HARTELUST
photo courtesy UNIVERSITY OF MEMPHIS

Years ago, Johnson targeted the former UMass head coach and current Philadelphia 76ers assistant but wasn't able to lure him away from coach Larry Brown and the NBA. As a result, he looked a little closer to home for the next Tigers' head coach.

Fans started to show some optimism when Johnson was able to lure Murray Bartow away from UAB in 2000 to take over a Memphis program in desperate need of something positive. Bartow was coming off of a season that saw his Blazers make it to the NCAA tournament, and he had the same lofty goals from the beginning in Memphis.

"I'm looking forward to putting the university back on the map, much like my father did," said Bartow, whose father, Gene, coached the Tigers to the 1973 NCAA championship game.

The new Bartow era, however, would not turn out to be as successful as everyone had hoped. The first year was a promising one, with the Tigers finishing with a record of 17-11 and making a trip to the NIT. While the next season would also produce another NIT

birth, the Tigers would conclude Bartow's third season with a losing record. It seemed as though the Tigers would bounce back in the 2003-2004 season after the team started 12-4, but Memphis would go on to lose 11 of its last 12 games to finish out of post-season play yet again. After similar results in the 2004-2005 season, Johnson thought it was again time for a change.

"This is difficult decision," Johnson said. "I know Murray is disappointed in the way the team has played, and after talking with him, we agree that it's best for both he and the university to move on."

Recruiting appeared to be the biggest problem facing Bartow, as player after player from the Memphis area was choosing somewhere else to play college ball. And unfortunately for Bartow, he wasn't landing many big recruits nationally either. Johnson wanted to bring in someone who knew how to win basketball games, but also

someone who could recruit both locally and nationally.

Johnson got his wish in 2005 when the University of Cincinnati bought out the remaining three years of head coach Bob Huggins' contract. In what was considered by most Memphians as a very risky move, Johnson brought Huggins in to be the winner and the recruiter the Tigers needed.

Memphis fans had mixed feelings about Huggins roaming the Tiger sideline for their team. Most fans, however, understood that Huggins had an interesting past to say the least, but they also knew that he won a lot of games at Cincinnati. Huggins seemed to understand the fans weariness.

"I know it's going to be a little strange for the fans to see me in a Tiger blue mock turtleneck, but we'll get through it together," Huggins joked. "This is a program I've always respected, and I'm excited to be a part of it."

Tiger fans were excited as well, especially after Huggins took the Tigers to the NIT finals in his first year. The good first year would also translate into a good recruiting class, and in its second year under Huggins, Memphis would make its first trip to the NCAA tournament since 1996.

Unfortunately for the Tigers,

with great success comes great interest from other schools, namely Huggins' alma mater West Virginia. The Mountaineers were able to lure Huggins away from Memphis with what seemed like relative ease, even though Huggins would later say that the WVU job was the only one that could have taken him away from Memphis.

Now, seven years after he had hoped, Johnson finally landed the coach he has wanted for a long time. When asked about what he thought might have happened had Calipari taken the job in 2000, Johnson just smiled and said, "We'll never know. But I do know that John is a winner and he won't settle for anything less. This is a big day for Tiger basketball."

Calipari said much of the same in his press conference. "Everybody loves winning, most of all me," Calipari said. "I'm committed to getting this program back on the national scene. We're going to be mentioned in the same breath as Duke, North Carolina, Kentucky and great programs like that."

That's certainly what the Tiger fans want to hear, now let's see if he can make it happen. **M**

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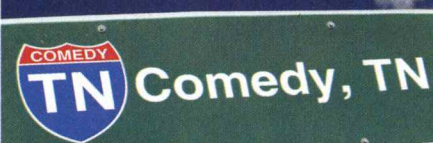


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COMMON SENSE

MEMOIRS OF A GODFATHER

by KELLY ARMSTRONG, aka the GODFATHER OF FOOTBALL

Conceived under the bleachers at half-time of the big homecoming game, this baby godfather was only pacified when holding a football. His mother was so proud of the perfect spiral the little guy could put on his pacifier. The milkman, who hung around frequently, was the regular recipient of the baby godfather's tosses. Interestingly, the milkman bore a striking resemblance to Joe Namath.

The baby godfather grew into his potential as the years went by. Growing up in Westwood, he protected his peanut butter and jelly sandwich everyday and later learned to "protect his house." In high school, he won a spot on the first string as a 130 pound middle linebacker. People aren't usually scared of a linebacker of that size, but it should be that type of player you fear most. He didn't make the first string by being nice.

When high school was over, the young godfather found that no university wanted a 130 pound middle linebacker anymore, so he did the only thing a young godfather could do. Disillusioned, disenfranchised and disrespected, he turned to a life of collections (and I don't mean by telephone; he was still good at the hit). Through the many friends he made in the collections racket, he started a foundation called the Midsouth Mafia, an affiliation still with us today.

As time went by, he was haunted by the memory of his ex-communication from football. No longer the 130 pound weakling linebacker, he had bulked up, hardened up, filled out and become a 6'2" 285 pound monster of a man - perfect modern-day middle linebacker material.

Enter, The Godfather.

It was finally time to take back the Mid-South football community from which he had been so rudely ousted. First, he started small. He pioneered the new recreational football league in Olive Branch, serving as a Coach and as Vice Commissioner. But that wasn't enough. Secondly, he volunteered as Coach for the Desoto Central Middle School. Even then, it still wasn't enough. Next, he joined 5 fantasy football leagues. Even winning 5 titles in that virtual arena wasn't enough. Others started to notice him, however, giving rise to his reputation as "The Godfather of Football." His final step was made in starting "The Common Man Show" on 730 ESPN radio. Every Saturday and every Wednesday, people heard (and still hear today) him pick winners, give fantasy football tips and talk all about the scuttlebutt in the world of football. The Godfather sat back, observed his place in the football scene and pronounced it was good. But one thing was missing; a professional team of his own.

Ladies and gentlemen, guys and dolls, on October 19, 2007, The Godfather announced that his long journey has officially ended. An arena football team, The Memphis Xplorers, will be returning to the Mid-South in the 2009 season and the Godfather, Kelly Armstrong, will be one of the men at the helm. **TM**

Kelly Armstrong, better known as the Godfather, hosts The Common Man Show on 730ESPN.



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The Common Man Show is a sports talk show dedicated to the the every day, 9-5 working man that needs to relax and let loose.

The Godfather and The Jock are going to share their insight into sports and have a little fun by making jokes at those players that cross their paths. Keep in mind that these players have long forgotten the reason they started playing a sport as a kid and now must have multimillion dollar contracts to play a game. Sure they are good at what they do and the majority of us could not do it but honestly, could they do our jobs?

If they want to whine about not getting the ball enough or that they would play better with a few more dollars in their pocket, why can't we make fun of them? Especially when we all know that they are really saying, "Give me the ball more so I can get my stats up. That way when I am ready I can leave this team high and dry for a better contract (that my pit bull of an agent got me)."

As the Godfather says "This ain't our first prom dance!"



THE GREAT DEBATE

THE OLE MISS - MEMPHIS SERIES

by PETER EDMISTON and WILL ASKEW



WILL: Over the last couple of years, a lot of debate has raged over whether or not Ole Miss and Memphis should continue to play each other in football and basketball. To me, I don't think they should, for a variety of reasons. First of all, Ole Miss has nothing to gain by playing Memphis in football. There's simply no upside. Most fans don't want to play it, the recruiting ground in Memphis is not fertile enough for Ole Miss to gain any players, and Memphis is simply not worth the risk for Ole Miss.

PETER: But what about Memphis, Will? There's no doubt that it benefits Memphis a great deal, and I see no reason why the two teams shouldn't play every season in pretty much every sport. It's a series that means a great deal to both fans, and it ensures a fantastic start to the football season every year. It needs to be played every year.

WILL: But how much does it actually benefit Memphis? The all time record of the series is in favor of Ole Miss 44-10-2. If Memphis is going to lose, wouldn't you rather lose to a team in the national limelight, instead of losing to a floundering Ole Miss team? As far as the other sports go, there are enough games in a season to overcome a loss if you're Ole Miss or Memphis. In football, it just doesn't make sense. If I'm Memphis, I don't want to play this game any more than Ole Miss fans do. There's nothing to be gained by beating Ole Miss except bragging rights.

PETER: Do you realize just how many Ole Miss fans and Memphis fans work together, go to church together, go to school together, etc.? Bragging rights are what makes college sports great. Rivalries are rivalries, no matter how one-sided, and geography plays a huge role in this one. In addition, you'll note that the attendance at the Liberty Bowl when Ole Miss plays is significantly larger than when Memphis plays, I don't know, say, SMU or Rice. There's a financial incentive involved here as well.

WILL: For Ole Miss, there isn't a financial incentive. There would be the same number of fans at Vaught-Hemingway to see Louisiana-Monroe as there would be for a Memphis game. And speaking of finances, why couldn't Memphis replace Ole Miss with a big time money game against a major opponent? That

seems like a reasonable alternative to getting beaten by a bad Ole Miss team every year. At least that way, you get a little national attention.

PETER: Good luck trying to find a big-conference opponent willing to do a one-for-one (one home game for one home game) football series with the Tigers. To find an opponent that can generate the interest of Ole Miss would require a two- or even three-for-one with the Tigers. That's not financially viable or competitively smart. Besides, just look at it logically - these two sets of fans want to play against one another. It's just right. Don't mess around with something that's worked, Will. Why do you want to meddle with success?

WILL: Ole Miss fans DON'T want to play against Memphis fans. They don't see the benefit. Plus, the majority of Ole Miss fans live in Mississippi, not in Memphis. The reason we're even debating this is because Ole Miss is about to stop the series, so even they don't want to play a one for one anymore. And you don't think the payday would be huge if you played a big time opponent on the road? Plus, I hate to break it to Memphis football fans, but it's not exactly like they are in a great negotiating position anyway when it comes to getting a one for one with a big time team. They have lost to Arkansas State and Middle Tennessee this year, who by the way, have played big time opponents on the road this year.

PETER: The fact of the matter remains that these are two programs separated by 70 miles or so, and they need to be competing against one another all the time. I don't think it's too much to ask for these two athletic departments to find a way to make that work. Ole Miss could use the help in basketball, Memphis could use the help in football. Make it work. The rivalry is simply too much fun to simply disappear. And my goodness, the Memphis home football schedule could always use a boost.

WILL: That is one thing we are in agreement on. Once again, I win. **M**

Peter Edmiston hosts The Morning Rush and Will Askew hosts Chip Shots on Sports56.

— Strangely enough —

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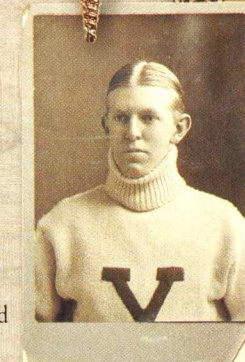
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LAP IT UP

MEMPHIS MONSTER SPORTS

by ED LAND, JR.



Bigfoot, driven by Dan Runte

The monsters came early this year. Monster trucks, that is. A week before Halloween, the Major League of Monster Trucks' (MLMT) Fall Classic descended on Memphis Motorsports Park.

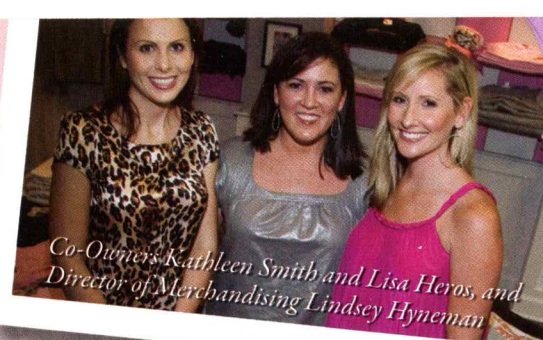
From beginning to end, fans were treated to a wholesome, fun, safe and unique experience. Pre-race festivities included a friendly "fan-fest," wherein spectators could meet the drivers personally, get an up-close look at these enormous trucks and even take a few cool snapshots. When fans filled the seats, they were treated to

a beautiful National Anthem rendition that was accompanied by explosive and well-timed firework displays. Anticipation grew as the event's MC energized the crowd. When the trucks made their grand entrance, the engines screamed even louder than did the fans. It was awesome.

As racing began, spectators were amazed to see how quick, fast and agile these huge trucks were. Barreling down MMP's drag strip, they reached up to 80mph at times. To clear obstacles, the trucks sometimes jumped upwards of 20 ft. in the air (that explains the 5 ft. long shocks!).

Technically, these drivers were racing from point A to point B, but it certainly wasn't speed alone that kept fans intrigued.

With tires almost 5 feet tall, the trucks must have stood at least 12 feet into the air. Their painted graphical designs dwarf the creativity displayed even on the Nextel Cup and Busch Series racecars. Until you stand next to these behemoth vehicles, you simply can't grasp how monstrous and incredible they really are. And until you attend a Memphis Motorsports Park event other than the Sam's Town 250, you are missing out! **M**



Co-Owners Kathleen Smith and Lisa Heros, and Director of Merchandising Lindsey Hyneman

UNDER REVIEW



A CLOTHES TRACK

by KATIE LAND photo courtesy TRACKCOUTURE

When a lady thinks of NASCAR, what comes to her mind? Sure, we girls love the loud and colorful cars and the good looking drivers (Carl Edwards' smile and back-flips do the trick for me.)

But how are women really supposed to get into NASCAR when we've got to wear boxy, black, poorly designed and unflattering t-shirts to support and root for our favorite driver?

Native Memphian Lisa Heros and partner, friend and fellow St. Agnes Alumni Kathleen Smith have answered those very questions by creating a high-quality, cute and feminine clothes line for women and girls to wear to races like Memphis' own Sam's Town 250.

Two years ago, appalled at the thought of

wearing standard unappealing gear, Heros created some casual, fresh and trendy outfits for her and her friends attending a race. Throughout the race-day, men and women alike asked "Where did you get those shirts?" and even offered to buy the shirts right off of their backs (the highest bid was \$100!).

Today, TrackCouture items include driver specific t-shirts, tanks, raglans, skirts, pants and hats for women, girls and babies. They sell merchandise featuring many star drivers, including Denny Hamlin, Tony Stewart, and Matt Kenseth.

Not looking to support an individual

driver? Then choose from a wide selection of other great looking TrackCouture brand apparel. There are many checkered star, checkered heart, checkered flag and other logo items. My personal favorite is the "Pit Lizard" line (Pit Lizards: women hanging around racetracks trying to get attention from drivers). How cute is that? **M**

PRICE: \$10.00-\$38.99
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Building Boys, Making Men.

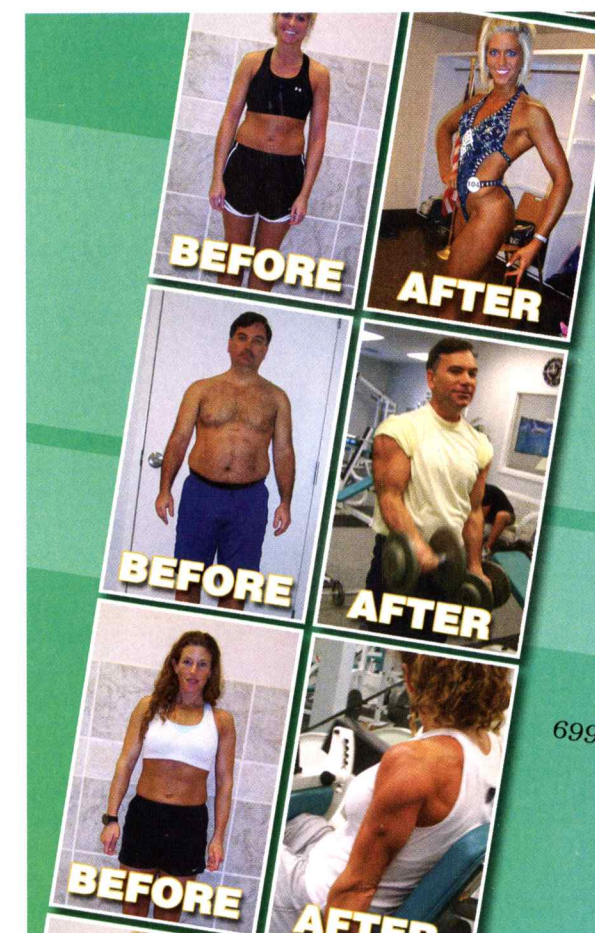
In an era when boys are underperforming and disengaging from schools around the country, the boys of PDS are excited about learning, developing critical and creative thinking skills, and gaining a vision of what it means to be a man.



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XPRESSIONS

WHY NOT MAKE HUMILIATION PAY?

by DR. DALE ARMSTRONG photo courtesy UNIVERSITY OF MEMPHIS

Another year of Tiger football is once again upon us. And once again loyal Tiger fans are shaking their heads with wonder at where the potential has gone. At the beginning of the season, the University of Memphis football schedule left visions of bowl games dancing in their heads. But after only two wins in the first half of the season, Tiger fans are revisiting that timeless question of how to move Tiger football from the netherworld of mediocrity into a program of merit and high potential.

One possibility that is always considered is the recruitment of that exceptional athlete, a DeAngelo Williams or an Isaac Bruce, that will boost the performance of the team, the excitement of the fans, and the imagination of the media. To recruit such quality players requires the promise or potential for national exposure and yet the retention of such athletes is necessary to ensure national exposure for the program. Thus we have a chicken or the egg argument that may never be resolved.

Often the possibility of moving the Tigers to the next level is dismissed as impossible due to the limited resources available to the University of Memphis program as compared with other Division I Universities. This argument is based on an unclear understanding of the actual financial position of the Tiger football program. According to the Department of Education's most recent statistics, the University of Memphis spends an average of over \$11,000 per player on their football team. For comparison, The University of Tennessee spends just over \$10,000 per athlete on their football team and The University of Mississippi spends right at \$11,000 and yet both these teams have great football traditions and huge fan bases. The one area where Memphis seems to lag her competitors is in proceeds

from ticket sales at home games. Both Tennessee and Mississippi have begun requiring donations to their programs in order to obtain the privilege of buying tickets, a practice already implemented by the Memphis basketball team. In order to implement such a program, however, season tickets need to be a premium commodity, requiring a team that has already moved to the next level.

There is one approach that has been proven successful in programs like Florida State and Virginia Tech. Many old timers will remember some fifteen years or more ago, when Memphis State and Virginia Tech were both independents and played each other annually with either team favored on a given year. How did such teams advance beyond mediocrity on to the next level? Their strategy was simple. Play teams that are better than you, even if you must play them away. Simply put, playing teams better than you teaches you to play better. In these BCS times, there is an added advantage to being willing to be humiliated by great teams. With bowl eligibility requiring six wins or better, even great teams are anxious to ensure their eligibility as soon as they can. This means that not so great Division I teams can charge huge fees from powerhouses just to play them at their home. Most of the time it is a win-win situation for both teams. The good teams are pretty much guaranteed bowl eligibility, while the mediocre teams are awarded big monetary payoffs. And in the case of a surprise upset, say Appalachian State at Michigan, the mediocre team suddenly gets what it craves – national exposure. The mediocre team has nothing to lose and everything to gain – money and potential exposure. Besides Americans can't help but root for the underdog. As Tiger fans know, we are just suckers that way. **M**

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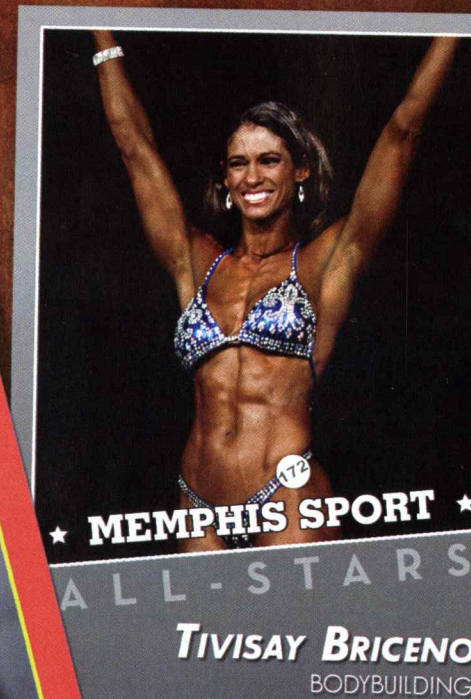
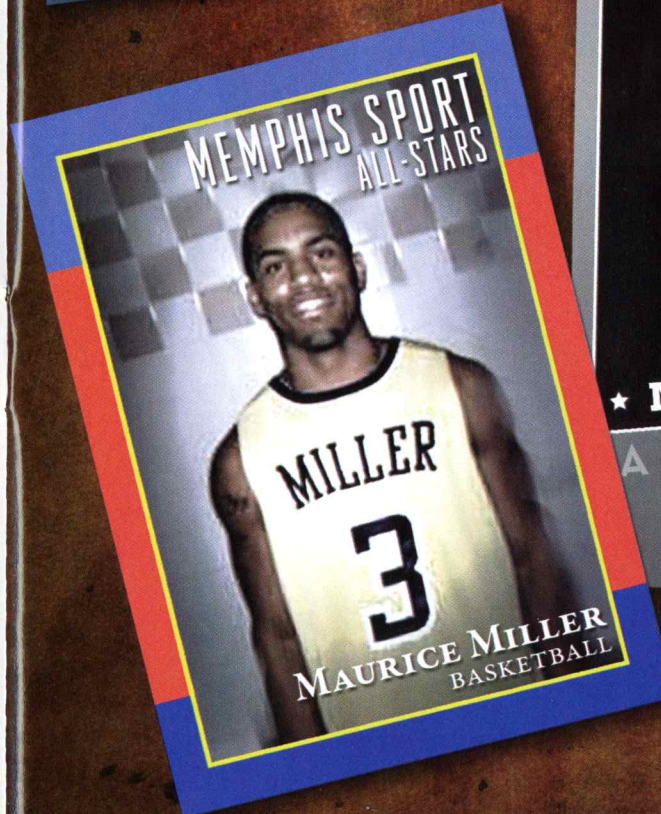
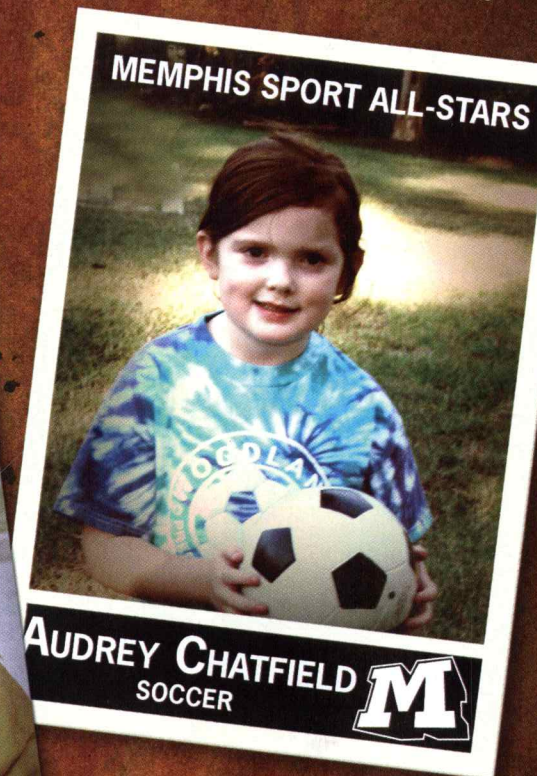


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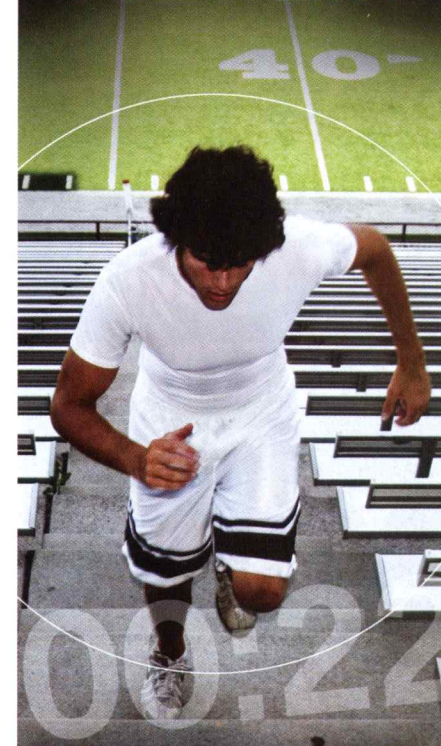
ALL-STARs



If you have an achievement worth noting or know someone who does, e-mail your accomplishments along with a photo to allstars@memphisport.net, and you just may see your face here in an upcoming issue.



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16	S.E. LOUISIANA	7PM
23	TENNESSEE STATE*	6PM
24	TBA*	3PM
28	ALABAMA A&M	7PM

DECEMBER

2	MISSISSIPPI STATE	2PM
14	BELMONT	7PM
28	ARK. PINE BLUFF	7PM

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ALL-STARS

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AUDREY CHATFIELD

MEMPHIS SPORT ALL-STARS

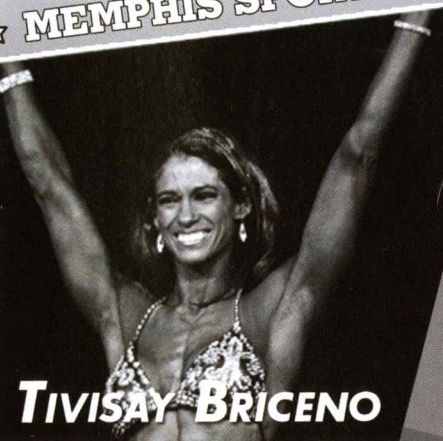
AUDREY IS 6 YEARS OLD AND IS IN SENIOR KINDERGARTEN AT HUTCHISON SCHOOL. SHE'S PLAYING SOCCER IN THE WOODLAND PRESBYTERIAN SOCCER LEAGUE. AUDREY LOVES PLAYING GOALIE AND HOPES TO BE A TRUE ALL-STAR SOMEDAY.



Caroline Webb, a sophomore forward on the Hutchison Varsity Soccer Team, leads her team in scoring and assists and recently scored 5 goals in 1 game placing her in a tie for third in the TSSAA record book. Webb also qualified for the state tournament as a sprinter on the Hutchison track team.

CAROLINE WEBB

MEMPHIS SPORT



TIVISAY BRICENO

MAURICE "MOE" MILLER

- Finished the season with 19 ppg, averaging over 60% from the field and led Raleigh Egypt to a 30-5 record
- Participated in the Nike 2007 Memphis All-Star Classic and the Converse 2007 Charm City Challenge
- Named Tennessee's Gatorade Player of the Year and the Class AAA Mr. Basketball
- Currently a freshman at Georgia Tech

MEMPHIS SPORT ALL-STARS

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Upcoming games for the Saluqis *

NOVEMBER

2-3	Willie Little Classic (at Chicago, IL)	
9	Roane State	8 p.m.
10	Walters State	4 p.m.
13	Arkansas Tech JV	7 p.m.
16	at Chattanooga State	8 p.m. EST
17	at Motlow State	4 p.m.
27	at Coahoma	8 p.m.

DECEMBER

1	Cleveland State	4 p.m.
5	Coahoma	8 p.m.
8	at Hiwassee	4 p.m. EST

In 2006-07, the Southwest Men's Basketball Team:

- Had a final record of 28-7
- Finished 8th in NJCAA National Tournament
- Ranked 16th in the final NJCAA regular season poll
- Won the TJCCAA/Region VII Tournament
- Regular season TJCCAA Western Division champions

Upcoming games for the Lady Saluqis *

NOVEMBER

3	Wayne County	4 p.m.
9	Roane State	6 p.m.
10	Walters State	2 p.m.
16	at Chattanooga State	6 p.m. EST
17	at Motlow State	2 p.m.
27	at Coahoma	6 p.m.

DECEMBER

1	Cleveland State	2 p.m.
5	Coahoma	6 p.m.
8	at Hiwassee	2 p.m. EST
28	Lady Saluqis Classic	4 p.m./6 p.m.
29	Lady Saluqis Classic	2 p.m./4 p.m.

In 2006-07, the Southwest Women's Basketball Team:

- Had a final record of 26-2
- Won 23 straight games
- Ranked 13th in the final NJCAA regular season poll
- Finished third in the TJCCAA/Region VII Tournament
- Regular season TJCCAA Western Division champions

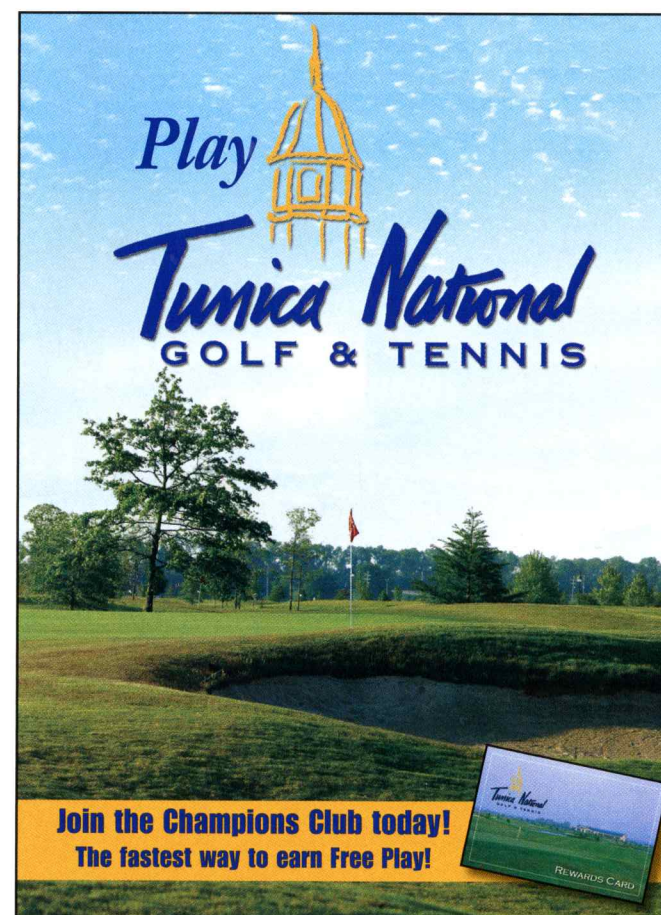
* Partial schedule only.
Entire schedule available at www.southwest.tn.edu

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All home games for the Lady Saluqis and Saluqis are played at the Verties Sails Gymnasium on the Union Avenue Campus. Southwest is a member of the National Junior College Athletic Association, the governing body for all two-year colleges across the country. The Saluqis also compete in the Tennessee Junior and Community College Athletic Association, which comprises all two-year colleges in the state of Tennessee.

Download a class schedule, course descriptions and your enrollment form at www.southwest.tn.edu

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a rose for the

by MIKE BULLARD and ED LAND, JR.
photos by SEAN DAVIS
tuxedo courtesy GUY'S TUXEDOS

It's unanimous.

Throughout the collegiate basketball recruiting industry, Derrick Rose is universally considered the nation's number one high school point guard entering college. He is ranked as a consensus top-five overall recruit by online scouting organizations including Rivals, RiseMag, Scout, ESPN150 and Sports Illustrated.

As a senior at Chicago's Simeon Career Academy, Rose won All-State honors as well as the Chicago Tribune's 2007 Illinois Mr. Basketball title. At the conclusion of that season, he was also named to All-American teams by USA Today, Parade Magazine, SLAM Magazine, MaxPreps.com and EA Sports.

Rose led Simeon to state titles in both 2006 and 2007. According to RiseMag and Sports Illustrated, Rose's squad ended 2007 as the nation's number one high school basketball team.

Memphis Sport caught up with Derrick in the locker room after practice. In the interview, Rose talks of expectations, skills, Calipari and teammates.

This year, Rose is a key player in the Tigers march to the big dance.

big dance

How is everyone in Memphis treating you so far?

Oh, everything is good. Everyone is treating me like I've been here at least two years.

Do you feel like a star coming into this team?

No. I don't feel like I'm a star because almost everybody here has got their own fans or whatever. So, I'm kind of in the background until the games, that's when people will start to notice. But, now I'm just playing it cool.

Do you ever Google yourself?

No. No.

Have they given you any flak for being a freshman?

Not at all. Not at all. I don't like to be called a freshman like that. I don't like it when people classify a freshman. If you can play, you can play.

We dressed you up that tux, did you catch any grief for that?

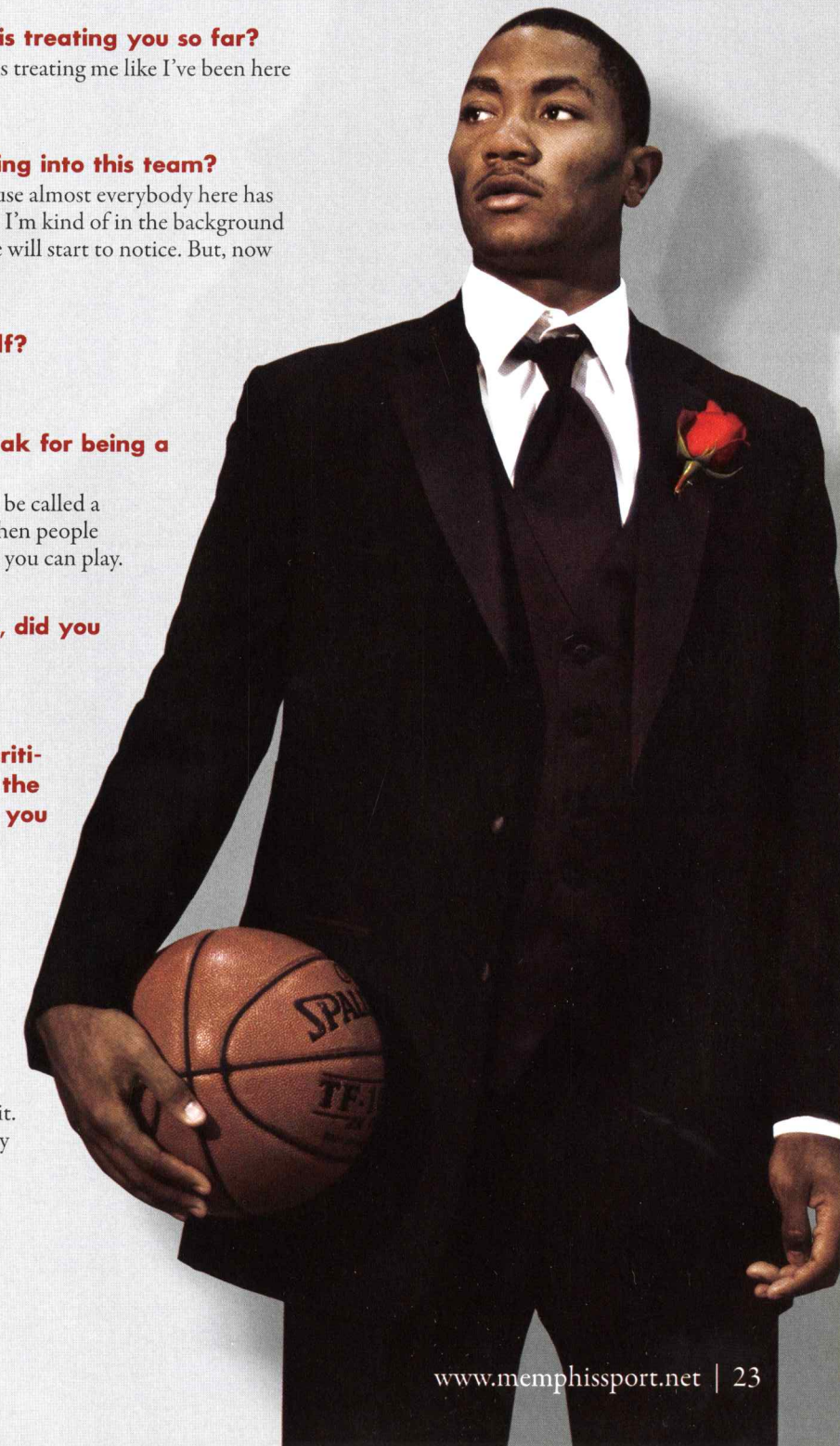
No. (laughing) Aw, no.

A lot of people have been criticized your jump shot. Have the coaches been working with you on that?

Yeah. You'll see this year.

What kind of things have they been making you do to improve the shot?

Not stuff that they make me do. Coach [Cal] says if you want to really work on something, you will go on your own time and work on it. So, I have been working on it on my own time.



You'll see this year.

You've tested yourself against OJ Mayo. What did you think of him?

He's a great player. Man, he's got pro moves already.

Who would win in a chess match between you and OJ?

(Laughing) I don't know. I'm pretty good at chess. I'd have to see how good he is.

What is it that you bring to this Tiger team?

That's what I'm really trying to figure out right now. Honestly, like before I came here, I used to think I would bring excitement or whatever. But when I got here, it changed. They already have the excitement.

What do you call your style of play?

I hope just a smart point guard.

Dorsey and CDR both have said that they have never played with anybody that had the combination of speed and size that you have. Is that kind of humbling?

Yeah, that's real cool. I look at almost all of them on the team as my big brothers while I'm on the court. So, for them to say that just makes me want to go out and work hard and just play hard.

Before you got here, you knew Memphis was a good team, but now you've seen them and your playing with them. Are they better than you thought they would be?

Way better. Way better. Totally different.

I'd like to be the point guard for LeBron James.

Are you a Bulls fan?

Kinda, yeah.

If you could pick your future NBA team, which one would it be?

[Cleveland] Cavaliers.

Why?

(With a big grin) Because I'd like to be the point guard for LeBron James.

You've heard a lot of the talk about the on-campus football stadium. What do you think about it?

That'd be cool. That'd be real cool.

How do you like FedExForum?

It's wonderful to be able to play on this NBA court. It's nice.

What do you think it does to opponents who come into the Forum? Are they at a mental disadvantage coming in here?

Yeah, when they come in and see the crowd.

It has been said that you have a real high basketball IQ. Who invented the game of basketball?

Um, (laughing) I forgot his name. It's Smith or something like that.

James Naismith?

Yeah. That's it.

OK. Here's an easier one. How

many points is a three point shot?

A three point shot? Three.

Was there pressure on you to go to Depaul or Illinois?

Yeah. Playing every game there were people holding up billboards and all this stuff... so it was a lot of pressure.

What made you select Memphis?

What was the deciding factor?

Coach Cal.

Because he was so nice?

No. He knows what I want and I know what he wants.

What are your thoughts on the whole Taylor Bradford situation?

Well, it was scary at first cause they live in the same complex as us. But, after awhile you kind of feel safe because of all the police officers that are around. So, not too many people aren't worried now.

What will it mean to you to get to the Elite Eight, the Final Four or get that Championship ring?

That's our goal, but we got to take it one game at a time. We got to take it one game at a time and not get sidetracked by something else.

What advice would you give to all the young kids out there watching you this year, emulating you?

Work hard. Pay attention. **M**

STADIUM THE OBVIOUS

by CHRIS PRZYBYSZEWSKI

It's 4 p.m. on September 27, and Harold Byrd, President of the Bank of Bartlett, is in no mood to talk to reporters. On his way to Arkansas, Byrd's thoughts lay with his beloved University of Memphis Tigers, who this night are scheduled to take on and maybe take out the Arkansas State Indians.

"Thanks for calling me," he says over his cell, and one can only imagine him rolling through traffic, single mindedly pulling his goal to him. Tonight, that goal is attending the football game. "I'm driving. Can we do this another time?" He's polite, but honest. He doesn't have time or the inclination at this moment to talk. We agree that I will contact his (very gracious) assistant, and we will begin the process of finding mutual meeting times, again.

As a matter of record, the game to which Byrd was traveling never happened, due to a rain cancellation. While Byrd had made every effort to make the game, to the expense of brushing off a scheduled meeting, forces out of Byrd's considerable control tanked the whole thing.

Weeks later, when the interview does happen, Byrd is accommodating. "I can talk about anything," he says. "You just tell me what you want to talk about." That conversation starts with the Rebounders, the booster organization that Byrd currently heads, backed by John Calipari, no less. Byrd talks passionately about the history of the organization, and how its leaders include part and parcel members of Memphis aristocracy. Byrd hasn't been part of that aristocracy

his whole life, rather than starting as the youngest of a large but modest family. His attendance to the then Memphis State University changed everything for him, and he began a lifelong allegiance to his alma mater. "I love the university," he says. "It gave my family a chance to be part of the American dream."

Since his graduation, Byrd is and has been a staple presence at the University of Memphis. He has proven himself as a tireless fundraiser and a zealous advocate of the U of M. His newly attained status as Rebounders president is only a partial

"NO ONE LOVES THE UNIVERSITY MORE THAN THEY DO. SINCE THEY HAVE GRADUATED, NEITHER OF THEM HAS BEEN BACK ON CAMPUS."

testimony to the level of esteem he commands from University brass. That they listen to him regarding his long-time obsession is good evidence of that.

That obsession is no less than an on-campus football stadium. Despite Byrd's assurances that this reporter is in charge of the interview, he switches soon to his by-now practiced spiel. Byrd excels in sales, no doubt, and he talks voluminously, easily, and quickly, his enthusiasm seemingly endless. While questions might try to force a pause in his litany of reasons the U of M needs this stadium, Byrd stays on target. The former state legislator keeps to his talking points.

From Byrd's perspective, the concept of an on-campus stadium is a matter of an

obvious need. "For me, this has been part of my dream for this university for years," he says. "[Former U of M President] Lane Rawlings said that 'every great city needs a great university.' I think that is true. I think leaders need to take positions that are in the best interest of the University. When they do that, it's in the best interest of the city."

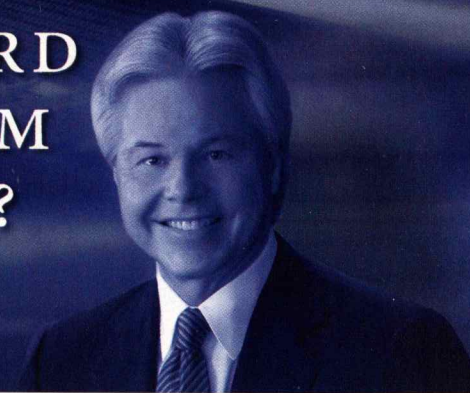
Making the case

One of Byrd's strongest arguments, perhaps, is the foot traffic that an on-campus stadium could bring. Consider Byrd's top choice of a location, a stadium nestled on the corner of Patterson and Southern [see photo]. "I get the idea that some people reading the papers might think I'm some crazy fan running around with pom-poms going 'rah, rah, rah,'" he says. "Do I love sports? I plead guilty. I love the competitive trait it puts in anyone. What really bothers me is that we don't have a great asset to bring people to campus."

Byrd's line of reasoning is this: The major resource a university possesses is its campus. To take advantage of that resource, however, people need to come to that campus and look around. "What do you want when people visit campus?" Byrd asks. "You want them to walk across the campus. You want them to see the buildings."

The numbers that Byrd reasons are neither unreasonable nor insignificant. If the University hosts seven games a year and draws at least 25,000 people, which has been on the low-end of University of Memphis attendance in the Tommy

CAN HAROLD BYRD SCORE A STADIUM FOR THE UOFM?



West era, then 175,000 people yearly will descend on campus.

Those people can include donors and alumni. "I had the occasion to talk to both Pat Lawler and Walker Taylor," Byrd says of the CEO of Youth Villages and the owner of the Germantown Commissary, respectively. "Both had graduated from the University of Memphis in the mid-70s. Both go to every basketball game, every football game. They're large donors. No one loves the University more than they do. Since they have graduated, neither of them has been back on campus."

Along with bringing alumni back to the fold, people coming to campus might be able to change their mind about this place. "If people come to campus, they see our Fogelman School of Business," Byrd says. "They see our FedEx Institute of Technology. They see the nursing school. They'll see that this University of Memphis is really on the move."

"If they don't see that, what do they read about in the paper?" he asks. "They read about an incident where a student athlete is doing something dumb. They read about the tragic event that happened on our campus recently."

Perception can breed reality, and the reality around Memphis's campus, says Byrd, needs to change. "The university is located in a neighborhood in decline," he says. Byrd believes that a new stadium will bring more people to the area, who will

attract businesses and homeowners, whose presence will arrest the blight. In Byrd's perception, that reality approaches.

Not quite a reality yet

Byrd's vision has not become "that" reality. Despite continued and public advocacy, he lacks a groundswell of converts who will publicly bless the plan. Anecdotes of chance elevator meetings or private phone conversations do not form the necessary consensus of University leadership that he needs to fulfill this dream.



As well, what Byrd makes up for with enthusiasm, he still does lack in specifics, especially on how one plans to pay for the new stadium. His back-of-the-napkin numbers, including naming rights, luxury boxes, ticket sales, concessions sales, parking sales, increased student fees, etc., sounds good, but no one knows how the actual numbers are going to work. As well, his assumptions about how exactly this stadium will enhance the university and city, to one lacking his "rah-rah-rah" spirit, can be called thin, at best.

Maybe, the stadium will generate interest in the campus. Maybe, the stadium will

pay for itself and then some. Maybe, the stadium will bring alumni back to the university. Maybe, maybe, maybe. Those questions might be too much on which to hang a \$100 million price tag.

Byrd, a successful executive, understands the math, of course. He is not being careless in his statements. Instead, he glosses over some of the difficult questions because he is confident that a united campus leadership can meet any challenge.

That campus leadership might be at the heart of this question and Byrd's quest. The U of M leadership, of which Byrd is undoubtedly a member, must take the lead on any sort of building project on the campus.

The U of M leadership on this question has not publicly shared Byrd's enthusiasm. What's more, that same leadership doesn't seem to feel Byrd's urgency to make up its mind. President Shirley Raines and Athletic Director R.C. Johnson have either publicly opposed or at least offered no comment to the plan. They have only recently allowed a consulting report that might (or might not) back up every little thing that Byrd has said. Even if it did, however, whether that report produces a result is anyone's guess.

Like the Arkansas State game, the stadium idea might be cancelled, due to forces beyond Byrd's control. If that happens, Byrd's love and commitment to his university won't fade. "You pushed my button," he says at the tail end of an hour and a half interview, mostly dominated by Byrd's comments. Apparently, that button doesn't need much pushing. **M**

Ever wondered what it would be like to go out with an NBA star?

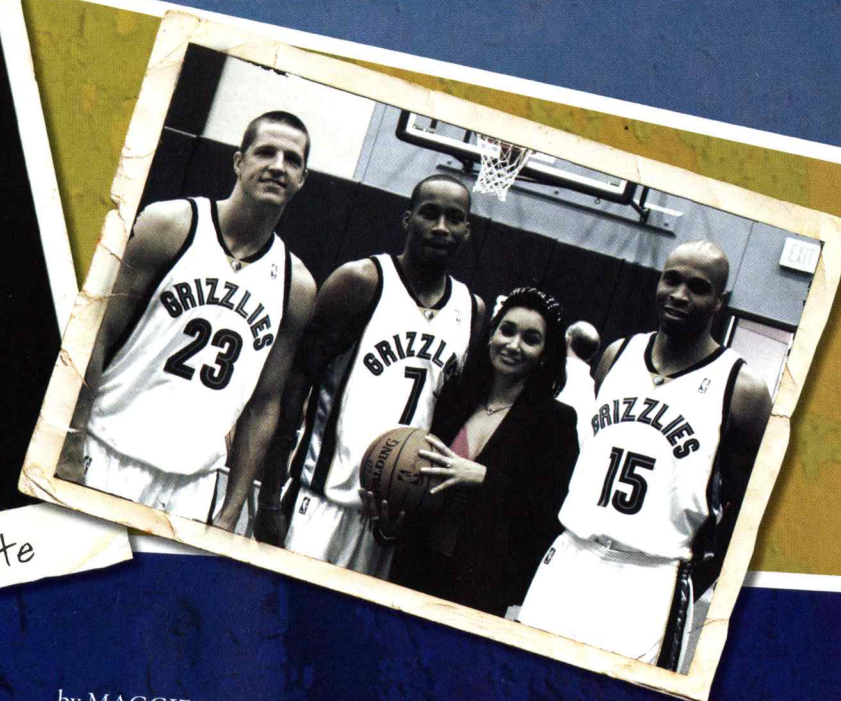
Well, your girlfriend has!

During Media Day at the Forum with the Memphis Grizzlies, all the sports media folk of Memphis clamored around a cluster of banquet tables and interviewed the team one by one. Being that I had zero sports-related questions, I thought it would be fun to find out what they were like as potential dates.

CHIC IN THE FIELD



The Bachelorette



by MAGGIE LOUIE

Bachelor #44 Andre Brown "The Sleeper"

Of all the guys, I liked Andre's taste in music the most: Teddy Pendergrass and Barry White, now that's baby-making music. The other guys were all about Jay-Z. When I asked Andre about his hobbies, he simply rolled his arm over to expose several tattoos and pointed to the largest, which said "KILL."

"So you kill people—kind of a homicidal hobby?"

"No, I get tattoos.
Well, I do like
to kill

"Sleeping?
As a hobby?
What, like sport napping?"

on the court."

"So courtside killings?"

At this, he kind of smiled coolly and nodded, "Yeah, and sleeping."

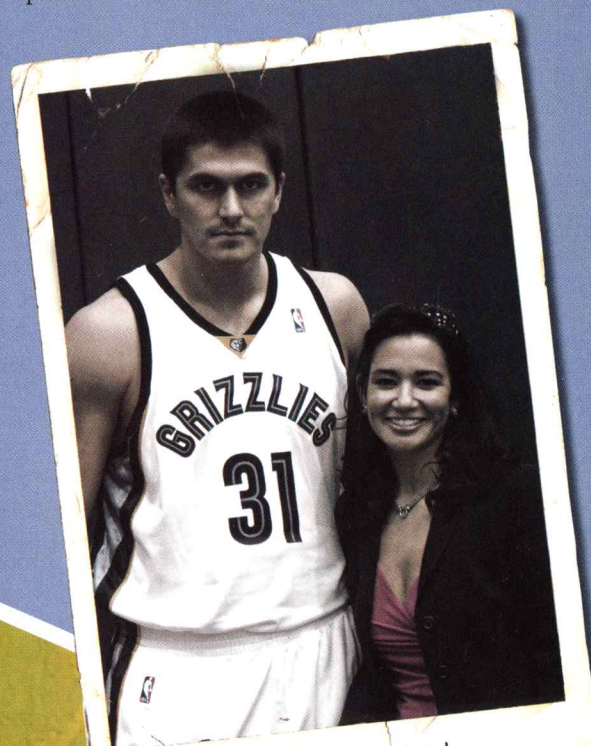
"Sleeping? As a hobby? What, like sport napping? What, do you find people with narcolepsy and compete or what? I'm confused."

Grizzlies' promotion manager Carly Knight interjected, "Oh yeah! Sleeping is my hobby too!"

Looking at their drawn and tired faces, it occurred to me that these poor folks have no idea that most people are allowed to sleep the whole night. What has Chris Wallace been

putting in the water?

Andre was very nice, but I'm sorry to say he would only make it as my Tuesday Night Date.



Bachelor #31

Bachelor #31 Darko Milicic "The Stalker"

Okay, now this guy cracked me up. Maybe it was just the language barrier, but I sensed some hostility.

"So you take a girl out for dinner...where do you take her?"

"I would take her out for Eastern Italian."

His accent is so heavy it's hard to understand him. "Okay, Eastern Italian—that's specific. So after dinner, then what?"

"We go to bar and sit outside on the patio and we talk."

I'm thinking, with a conversationalist like you, that should last about four minutes. "Okay, now you've had a few, and it's late, what next?"

"Then I follow her home."

"Wow, first date and you're already stalking?"

"No! It's late. I follow her home!"

Now he's shouting at me, and I'm thinking this guy is off his rocker. "Okay, settle down tiger. Are you saying you would walk her home?"

"YES! I FOLLOW HER HOME!"

He was getting barmy, so I just thanked him for the interview and got a picture. As you can see, he looks like he might lean down and chomp my head off any second. Sorry Darko, but you wouldn't make the team, and I have a sneaking suspicion the phrase "restraining order" might be in your future. Just kidding, please don't kill me.

Things were looking bleak for me and the Grizz. Of the half-dozen-plus guys I had talked to, there still wasn't a Friday night date in the lot of them, much less a Mr. Saturday Night. But then, through the mob of reporters, there he was, slouching imperturbably, captivating.

Bachelor number 33 Mike Miller "Daddy"

"So you take a girl to dinner. Where do you go?"

"Well, that's up to her?"

"Good answer!"

"Nice. Okay dinner's over—what next?"

"Maybe a movie?"

"What movie?"

"Halloween. I love scary movies"

"Yeah that's a real date flick. Kinda says, 'Hey baby, wanna go back to my place and get hacked to bits?'"

"No, no! I could comfort her when she gets scared in the movie."

"I just love meat. I love to cook lots of meat, any kind of meat!"

"Neat. So what's after this? I mean, once you shoot your kneecaps out and all that, then what? Do you have a fallback plan?"

Mike laughed. "Well, I haven't really thought about it."

"Okay, well, thanks for everything Mike. You are a great sport, no pun intended."

"Anytime."

And then he tossed me this yeah-I-know-I'm-hot kind of look. Oh my. If I were 28, Mike would definitely have been my Friday Night, but sadly girls, he's already been drafted. The good ones always are. Not only is there a Mrs. Mike, but there

are two little Mikes, and that would be a serious blatant foul.

Bachelor #16
Pau Gasol
"Mr. Saturday Night"

Last but not least—unlike the rest of the guys, he said he would rather stay at home and cook for his date.

"What would you cook her?"

"Something simple, like pasta and salad and meat. I love to cook meat."

"What kind of meat?"

"Any kind. I just love meat. I love to cook lots of meat, any kind of meat!"

That was about enough. I grabbed a few pictures with him and quickly wrapped up the interview. He was very polite and gorgeous, for sure, but I'd heard enough about meat.

Later that night I was reading bios on all the players, and I began to find out who Pau really is. Honestly, I was moved at his tremendous heart and mind. Get this—

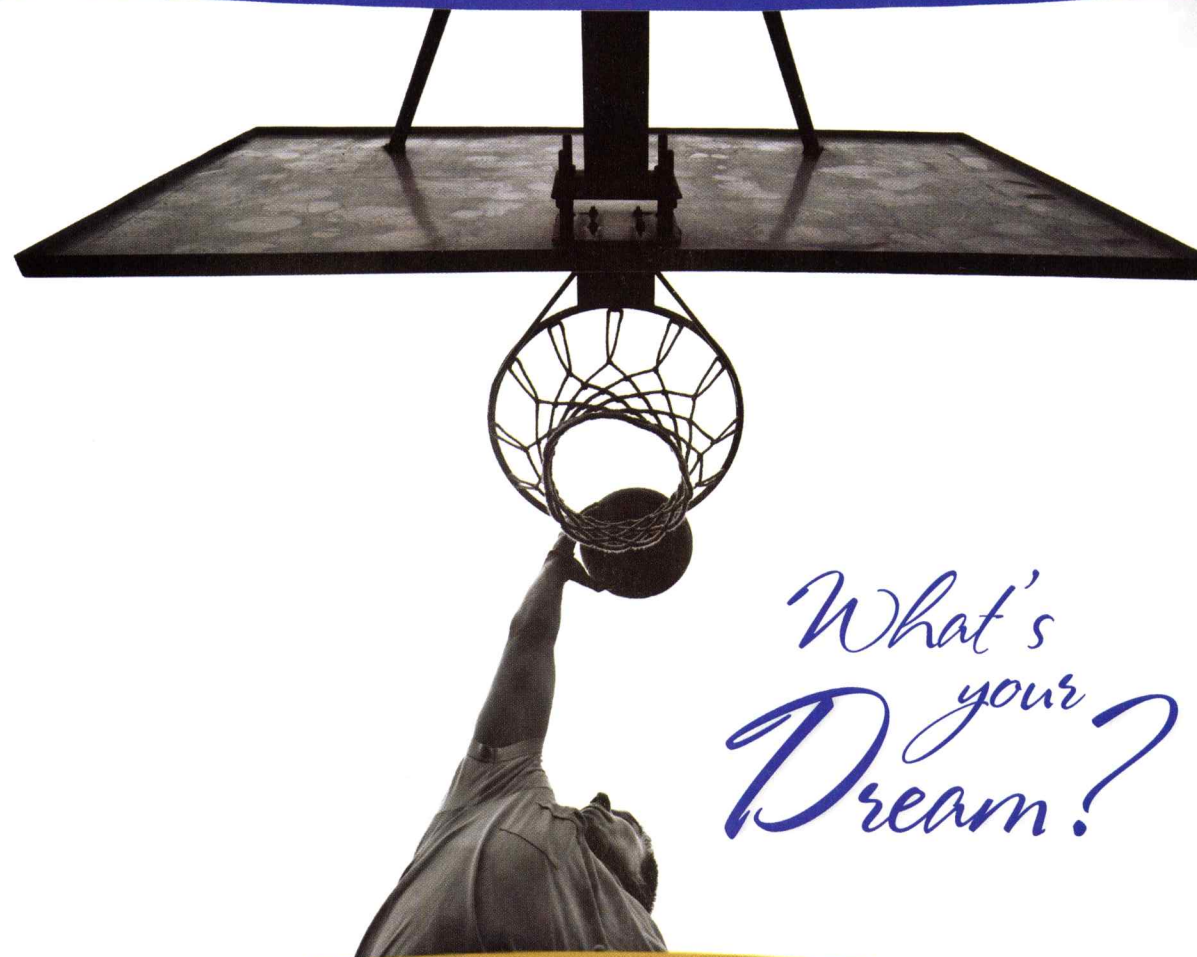
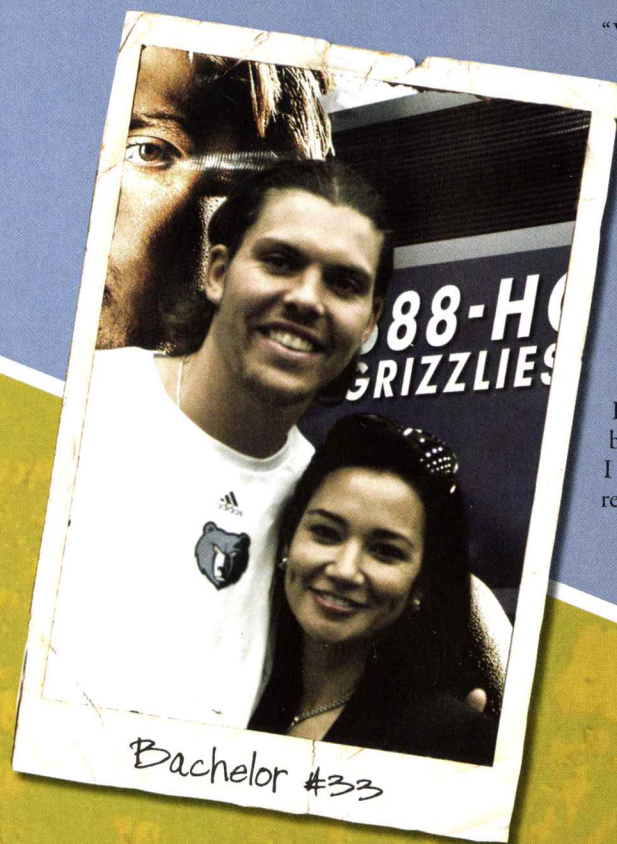
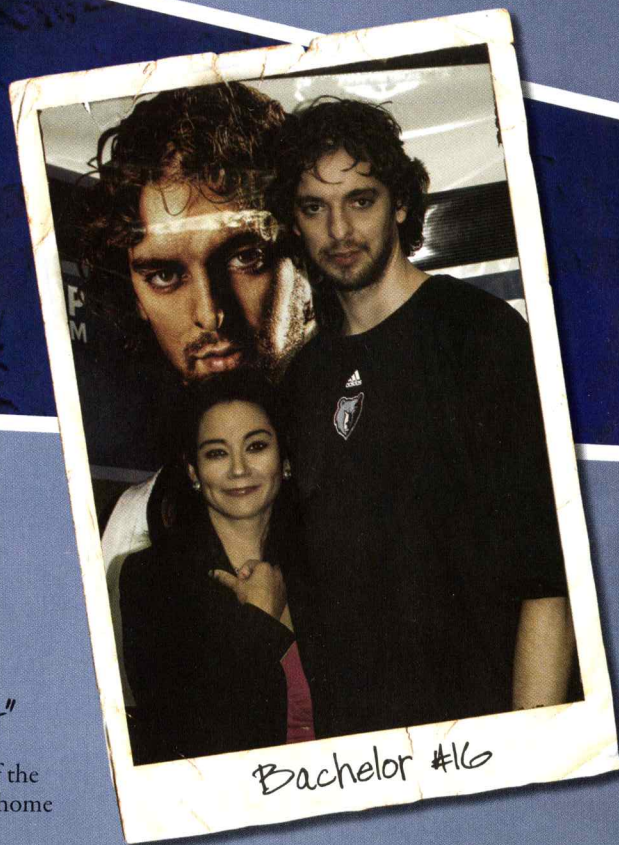
before he was drafted, he spent a year in a Barcelona medical school, with dreams of becoming a doctor. Even now that he is an NBA star, he still serves as an ambassador for Spain's UNICEF committee. He has even made trips to South Africa and Angola to raise awareness for their plight against children with AIDS.

Could you not just climb an eight-foot ladder and kiss him? Philanthropy is, like, so hot. My MVD (Most Valued Date) award goes, hands down, to Pau Gasol.

Final Score:

In the end, they were all really great guys, even Darko, who seemed a little creepy, and "Andre the Sleeper," who I fear I wouldn't hit it off with. For those who have wondered what it would be like to date an NBA star, here's the bottom line: Italian food, Jay-Z, and the entourage. I'm not saying these guys lacked depth, but it may be worth looking to the NFL for your Mr. Right. Speaking of which, I wonder if Ryan Fowler is married?

M



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LAPIDES

by ANDRE JOHNSON

Recently, George Lapidès was going on and on about how fortunate he is to have embarked upon a prosperous career as a sports journalist. There he was, reminiscing about his days as a sportswriter for his college newspaper at the University of Tennessee. There he was, reflecting on how he managed his first major job in the newspaper industry some four decades ago. There he was, telling of how blessed he was to have seen some of the more memorable sporting events in American history. Suddenly, someone interrupted and asked him how he would like his tombstone to read, a question Lapidès answered as if he expected it.

"I tell you what I would prefer to have on my tombstone," Lapidès says. "It would be 'George Lapidès, journalist or reporter.' One of the two." Considering Lapidès has made it abundantly clear what words he expects to linger over his final resting place shouldn't come as a surprise to anyone, especially Mid-Southerners who are avid sports fans. That's because Lapidès apparently has done it and seen it all in the journalism industry. Whether it was for a major metropolitan newspaper or a local television station, Lapidès has emerged as a longtime household name and arguably one of the more popular local sports personalities of the past forty years. Judging by how he is embraced by the local sports fans who call his two-hour morning show, it's safe to say Lapidès isn't bored with his job, so don't expect him to call it quits anytime in the near future.

"My wife still enjoys practicing law. She doesn't want to quit. If she quits, I probably would too, but she doesn't want

to. We had a heart to heart (discussion) about after '09; I would like to travel. There are some parts of the world that I have never seen...not many, but there are some. I also want to go back to some places I have been before."

But in the meantime, one of Lapidès' biggest desires — as it has always been — is to entertain his audience and keep it informed on the latest happenings the world of sports. Ivory Jackson, a longtime local minister and regular listener of Lapidès' morning show on Sports 56 WHBQ, says one of the biggest reasons

HE WAS ON HAND, SITTING RIGHT THERE IN THE CORNER, WHEN ROBERTO DURAN UTTERED THE FAMOUS WORDS, "NO MAS."

he tunes in each morning to listen to the veteran sports personality is because Lapidès makes it a point not only to tackle current sporting issues head-on, but also educate his audience.

"He's so informative on the history of sports, national as well as local," Jackson says. "I learn a lot of stuff just listening to his trivia segments. When I listen to some of these other (sports talk) shows, they talk about everything except the main thing at hand. He highlights the top sports news and is up on all the latest sporting events."

Given Lapidès' positive reputation and ability to grasp the attention of sports fans from various walks of life, he is widely

viewed as one of the more renowned local sports media personalities. He spent ten years running the sports department for WREG Channel 3 as the station's Sports Editor and has worked for Sports 56 WHBQ since 1992. Additionally, he has served as the Athletic Director at Rhodes College, as president and general manager of the old Memphis Chicks and for more than 20 years as sports editor and columnist for the Memphis Press-Scimitar. His passion as a journalist has and always will be sports, although his lengthy and rewarding career includes a stint as a Political Writer.

As a sports journalist, Lapidès has observed some of the premiere sporting events over the past thirty years. He was on hand, sitting right there in the corner, when Roberto Duran uttered the famous words, "No mas." He was there when the late Jim Valvano and his undersized North Carolina State Wolfpack shocked Houston to claim the 1983 NCAA Championship. He was there, stretched out on a bed at Las Vegas's Caesar's Palace alongside Muhammed Ali, just hours before he was to due battle against Bob Foster. When the World Series Title slipped through the legs of Bill Buckner, Lapidès was on hand to witness it. The list goes on and on.

About attending sporting events Lapidès says, "The best advice I was ever given; I share with aspiring journalists often — Be there. If you're not there, you can't do your job."

Who better to give such advice? Lapidès' career has taken him to places of which other journalists could only dream. **M**



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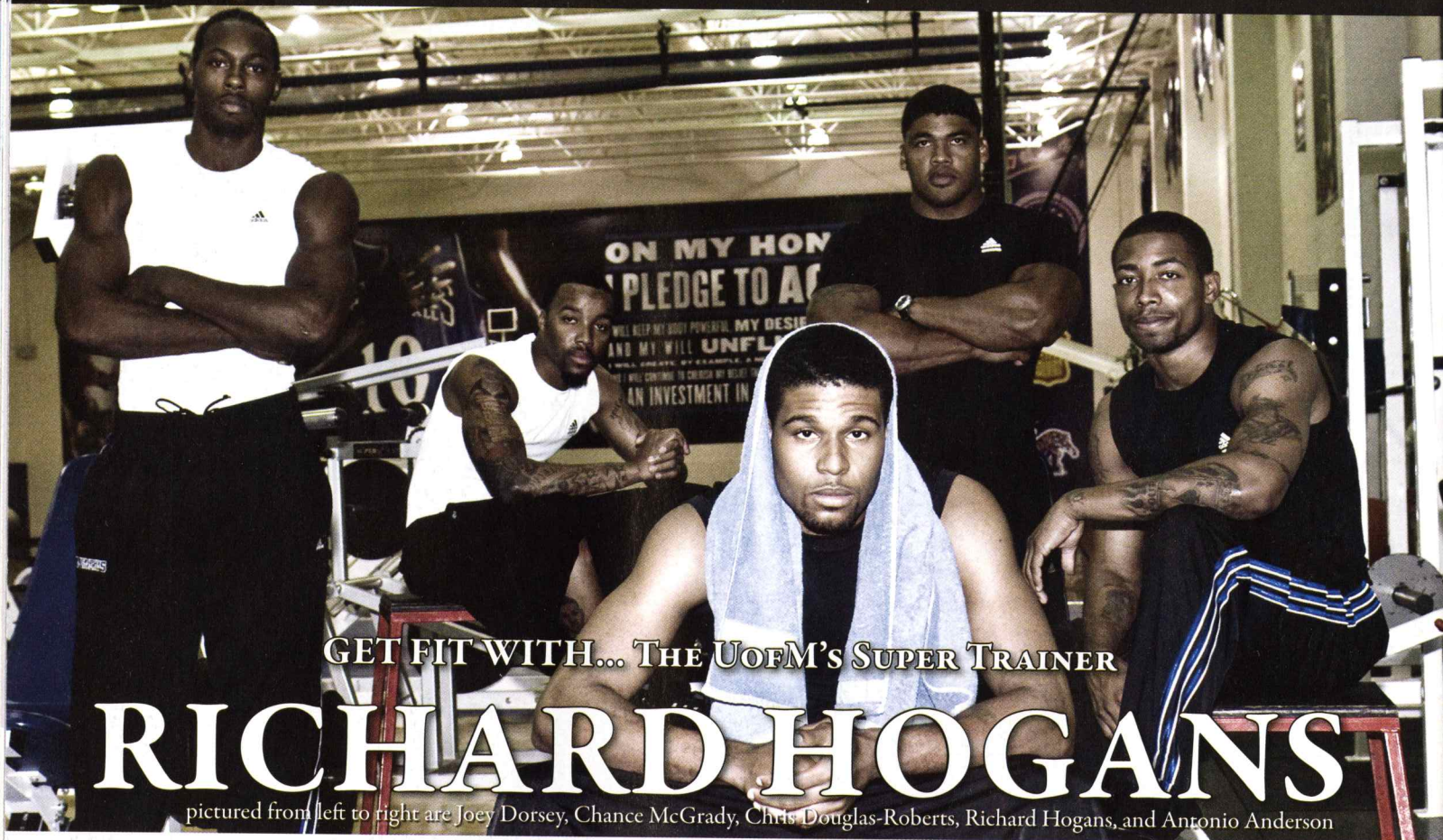


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GET FIT



GET FIT WITH... THE UOFM'S SUPER TRAINER

RICHARD HOGANS

pictured from left to right are Joey Dorsey, Chance McGrady, Chris Douglas-Roberts, Richard Hogans, and Antonio Anderson

by ED LAND, JR. photo by SEAN DAVIS

Gone are the days when college basketball programs could win on talent alone. No longer can coaches create winning streaks solely by installing great "X's and O's" game-plans. With the growth of NCAA basketball, there are more quality teams now than ever before.

But to achieve or maintain elite status in college basketball, programs must find a competitive advantage in addition to but apart from inspirational recruiting and excellent coaching. Richard Hogans (a.k.a. "Big Rich"), Director of Performance Enhancement for U of M basketball, has played an integral role in that regard for the Tigers. A former Tiger football player and NFL standout with the Bears, Chargers and Jaguars, Hogans prepares his players to be stronger, faster, more explosive, healthier and in better condition than those against whom they will compete. He prepares the Tiger "ballers" for the physical demands and stresses they endure in striving for a

National Championship.

A Certified Personal Trainer through the National Strength and Conditioning Association, Hogans combines knowledge gained from professional strength coaches and team doctors with his own personal experience to design both individual and group training programs for all his players. These "Speed and Strength" programs (see next page) run year round, but are administered through off-season and in-season phases specifically with "March Madness" in mind.

"I've been through so much in my career. I pushed myself so hard, and I suffered injuries time and again. I know how hard it is to compete at the highest levels. But I also now know how to stay healthy while doing it." When it comes to the team, Hogans' sincerity continues to shine. "I'm all about family. Before, football was my family. Now, these guys are family to me. They're like my little brothers. I want to

give them the resources and knowledge I didn't have, and I want to push them and encourage them as individuals. Each one of them is his own person."

It is clear why John Calipari trusts Hogans with the health and condition of his players. Given the Tigers' successes since he came on board just a few seasons ago, it's clear his program works quite well. As CDR exclaimed during our conversation with Hogans, "That's the best trainer in the business right there!"

We should think so CDR. You helped propel Memphis over Texas A&M and through to the Elite 8 less than a week after suffering a moderate ankle sprain. Now it all makes sense! *ML*

For specific information on the Tigers' "Speed and Strength" workout regimen, contact Richard Hogans at 901-678-5277.

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"HOME RUN" CLINIC page 36
NUTRITION: EAT MORE! page 38

JUMP LIKE A TIGER page 35
BODYBUILDING: SUPPLEMENTS page 38
PERSONAL TRAINING page 40

THE TIGERS SPEED AND STRENGTH PROGRAMS

GOALS

1. Reduce the chance of injury from strenuous activities.
2. Increase strength, muscular endurance and aerobic capacity.
3. Make positive changes in body composition.

PRINCIPLES

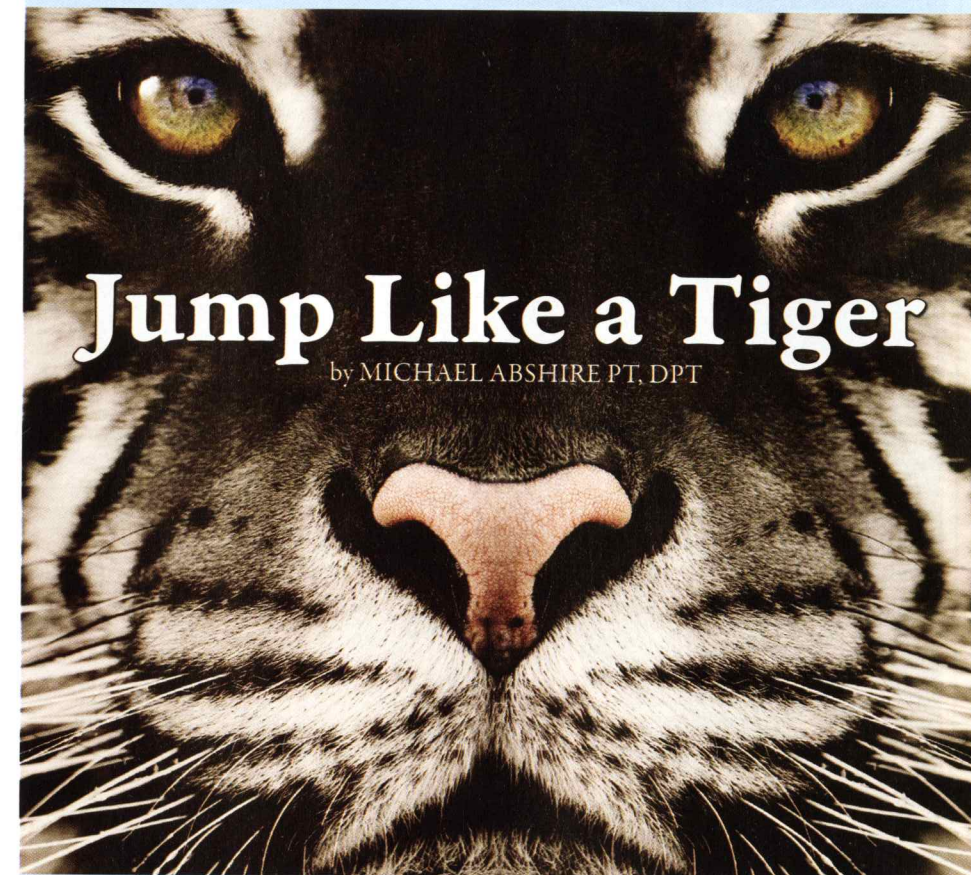
1. Train all muscles, including abdomen, lower back, hips, legs, neck and "traps."
2. Temporary muscular failure in each set of each exercise will increase strength.
3. All exercises should be completed in a controlled manner and using the full range of motion.
4. Difficulty must increase when short term goals are met.
5. Proper rest is required in between sets and in between workouts. No muscle should be trained twice in a 48 hour period.
6. Create variety in your exercise routine for maximum benefit and enjoyment.
7. Inconsistent effort will produce less than satisfactory results.
8. Nutrition is critical. Treat your body as your vessel.
9. Keep record of your progress.
10. You get out of it what you put into it!

INDIVIDUAL FOCUS

1. Individuals possess different strengths, weaknesses, goals and roles.
2. Individuals have unique personalities and varying levels of energy or motivation.
3. Individuals suffer from an assortment of injuries and maladies.

NUTRITION

1. Eat frequently and consistently to gain strength, improve health and prevent fatigue.
2. To gain muscle strength, eat foods rich in protein.
3. To replenish energy sources, eat enough carbohydrates. This includes your everyday fruits and vegetables.
4. Supplements, including certain protein shakes and energy drinks, can be very beneficial.



Jump Like a Tiger

by MICHAEL ABSHIRE PT, DPT

With the approach of what could be one of the greatest seasons of Memphis Tiger basketball, you might be wondering, "how can I improve my game?" With the right training program, you too can become a power player like the boys in blue. One area you might want to focus on is improving your vertical jump.

Athletes who are able to perform the vertical jump well often excel at their sport. The vertical jump is directly involved in many sporting activities, not just basketball. In order to train effectively for an athletic activity, training should closely resemble the activity itself. Explosive power in the lower extremities is essential for successful performance of the vertical jump. Therefore, to better train for athletic activity in which explosive power is important, training should incorporate some degree of plyometric exercise.

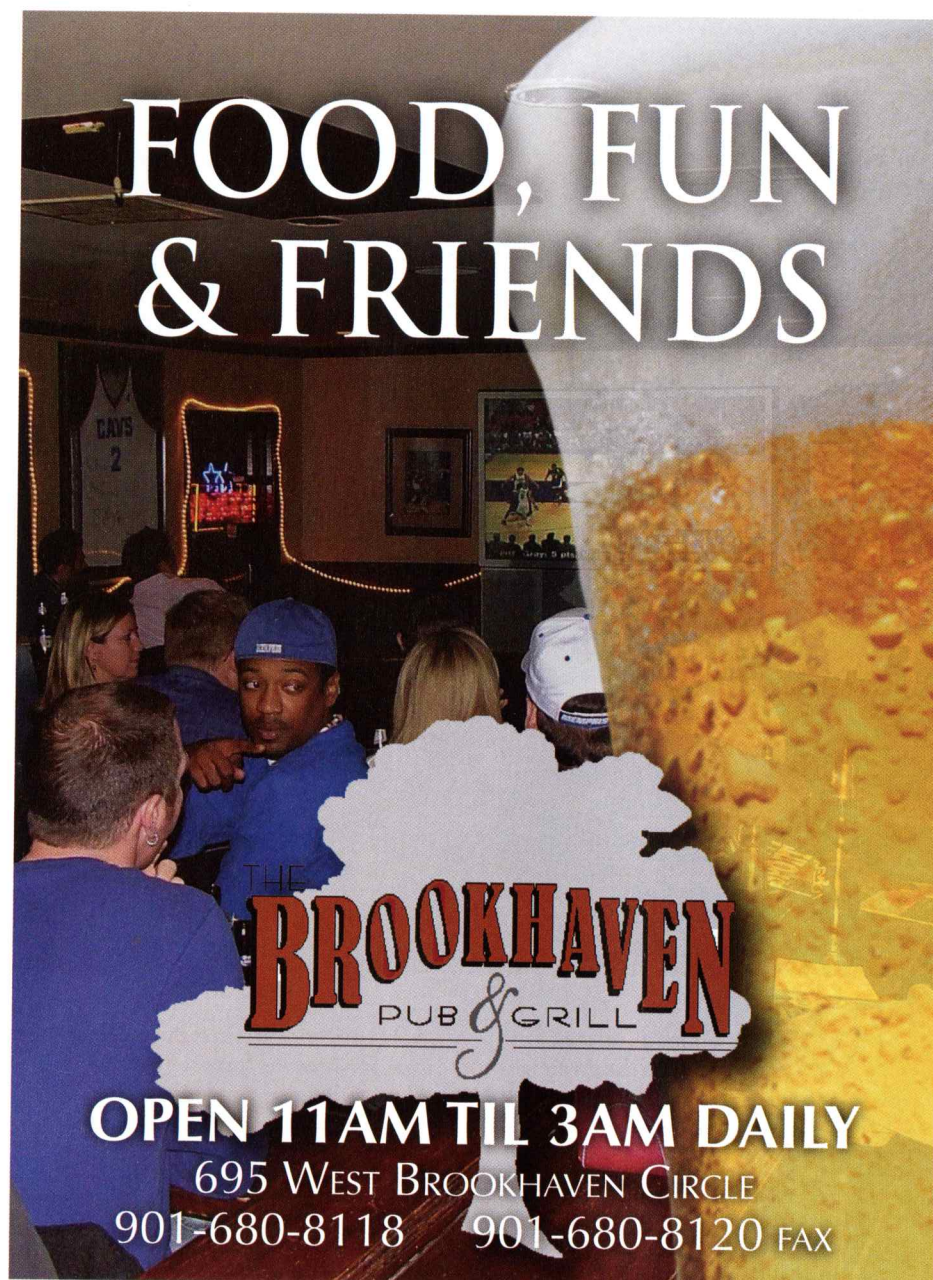
In plyometric exercises, the muscles that produce the force for the activity undergo a quick stretch to increase the power output, as in the landing phase of the vertical jump. Given the dynamics and intensity of plyometric exercises, athletes should be in generally good conditioning before incorporating them into their workouts. Plyometric training can be dangerous and lead to injury if the proper techniques and training regimens are not followed. If you are uncertain if plyometric exercise is appropriate for you, consult a physician and licensed physical therapist for assessment of your physical health and fitness.

Here are some helpful tips for beginning a plyometric program:

- Start with low intensity exercises. For example, master jumps over low objects before progressing to jumps

(continued on page 37)

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"HOME RUN" CLINIC

by ED LAND, JR

Many of you are aware Memphis typically hasn't fared well in nationwide health, fitness and nutritional testing. But did you know that 1 in 4 children ages 6-17 are at risk for obesity, hypertension, Type II diabetes, depression, heart disease, asthma and even some cancers? Did you realize the percentage of overweight children has doubled in the past 20 years?

The Gameday Healthy Kids Foundation was designed by the late Mark H. Neel to educate and empower children to make wise choices, eat healthy and be involved in athletic activities on a regular basis. Now led by President Leigh Fox, its objectives are to instill a desire in children to be healthy, to make physical activity fun, to educate our youth on the benefits of being healthy and involved in sports, and provide an environment that promotes health and wellness for life.

On October 20th, children from ages 6-12 gathered in Cordova at the Healthy Kids Clinic hosted by Gameday Baseball at First Tennessee Fields. This clinic provided the opportunity to present as many as 250 kids with nutritional, fitness and sports instruction in a high energy and fun atmosphere. A "Healthy Lifestyle Screening" was offered to participants and family members as was printed material focusing on obesity prevention and wellness. Fresh produce and healthy food and beverage options were available to all participants. **M**

For more information on Gameday Baseball, First Tennessee Fields or the Healthy Kids Clinic, please visit www.gamedaybaseball.com.

Jump

(continued from page 35)

over higher objects, or master maximal double leg jumps before moving on to single leg jumps.

- Perform plyometric training only two or three times per week.
- Do not train when fatigued, such as after weight training or aerobic conditioning.
- Limit your sets and repetitions appropriately (i.e. start with 3 or 4 sets with 10 reps each)
- Rest between sets.

To perform and measure the vertical jump:

- Warm up properly. Complete several easy jumps and take rest breaks.
- Stand with the side of your body toward a wall. Reach up as high as you can while keeping your feet flat on the floor. Record your reach height.
- Move away from the wall slightly and jump as high as you can, using your arms and legs to help project your body upward. Touch the wall at the highest point of the jump. Record the height reached.
- Repeat this multiple times, making sure to rest in between attempts. Stop when you notice a plateau or decrease in performance.
- Calculate the "net height" by subtracting reach height from jump height.

Remember plyometric activities are not appropriate for all individuals, so be safe, and ensure that your fitness level is adequate before adding plyometrics to your program. **M**

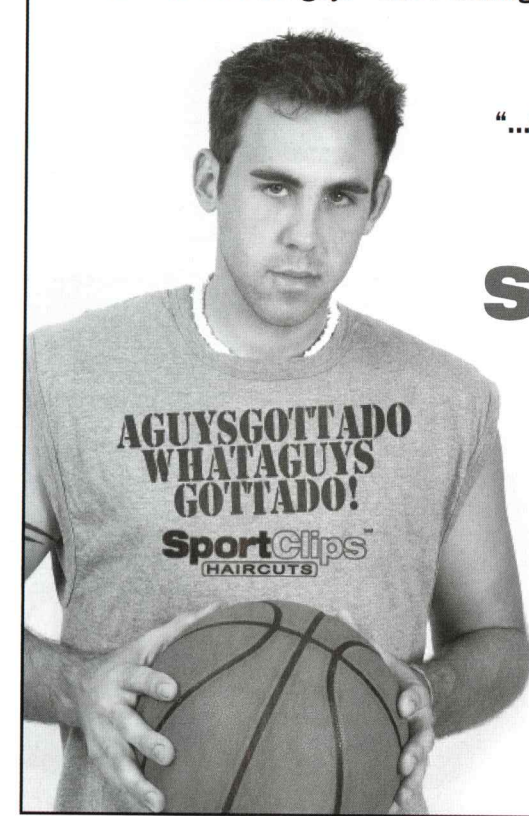
For more information on vertical jump performance, visit www.exrx.net/Lists/PowerExercises.html.

Michael Abshire is a physical therapist who currently works in outpatient orthopedics at The Smith Clinic for Physical Therapy in Cordova, Tennessee.

"My girlfriend said if I leave once more to play basketball with the guys - she's leaving me..."

...God, I'm going to miss her."

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4	5	6 TUL	7	8 OKC	9 OKC	10 OKC
11	12	13 BOS	14	15 YNG	16 YNG	17 BOS
18	19	20 OKC	21	22 WIC	23 WIC	24
25	26	27 WIC	28	29 OKC	30 OKC	31 TEX

December

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
						1 JDE
2	3	4	5	6	7 YNG	8 YNG
9	10	11 WIC	12	13	14 TUL	15 COL
16	17	18	19	20	21 TEX	22 TEX
23	24	25	26	27	28 YNG	29 YNG
30	31					

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BODYBUILDING: Supplements

by VICTOR GHOSHEH


We've all heard an endless array of opinions concerning how to use strength and muscle building supplements, but who should we believe? On one hand, there are companies that develop and manufacture supplements. Of course, their primary aim is to make money. On the other hand, there are professional athletes promoting supplements, but we can't be sure those athletes use the products they back in the first place.

My aim is to provide you with the facts you need about the best supplements you can use year-round in your strength and muscle building efforts. Each of these 4 products is easy to purchase, store and use. More importantly, when combined with a healthy diet and exercise program, these supplements can provide significant benefits within 4 weeks of initial use.

Glutamine: Glutamine is the most abundant amino acid in the body. It helps reduce muscle soreness and rebuild muscle tissue after workouts. It is best to take this supplement on a daily basis, both before and after workouts.

BCAA: BCAA stands for "branch chain amino acid." BCAA's are of special importance for athletes because they are metabolized in the muscle rather than in the liver. These amino acids have far-reaching effects in the body from building and repairing tissues to producing chemicals that enable our brains to function optimally. BCAA has also been known by body-builders for its potential to build muscle and prevent muscle breakdown. As with Glutamine, the best time to take this supplement is both before and after each of your workouts.

Multi-vitamin: Many people disregard the importance of a multi-vitamin. They believe that since you cannot receive muscle gains from it directly, it is useless. But, every vitamin and mineral is responsible for thousands of biochemical reactions, so if you don't use a good multivitamin and mineral formula, you will never reach your full potential. It is recommended to take this supplement daily with breakfast and after weight training.

Whey Protein Powder: Whey protein (the highest quality and best form of protein) is incredible. Studies have found that it contains the perfect overall amino acid makeup. Its benefits are many. First, it provides the body with the necessary building blocks to produce amino acids used for building muscle tissue. Second, it greatly enhances both hormonal and cellular responses. Finally, in playing a role as an antioxidant, it helps support and maintain a healthy immune system. It is best to take this supplement on a daily basis, both before and after workouts as well as in conjunction with eating whole foods. 

Victor and Marla Ghosheh have been active in weight training and body sculpting for over 3 years. In mid-2004, Victor maintained 28 percent body-fat. In August of this year, at a body-fat measurement of under five percent, Victor placed 2nd in the Junior Middle-Weight division at the Battle on the Bluff held at the Sam's Town in Tunica, MS.

NUTRITION: Eat More!


by MARLA GHOSHEH

There is a common misconception that to lose weight you should eat as little as possible. For years, people have skipped breakfast and eaten a light lunch thinking they could then eat whatever they wanted for dinner. Unfortunately, although starving during the day and overeating in the evening is a daily occurrence for many Americans, it is not an effective way to lose weight.

Well informed personal trainers and nutritionists will tell you that eating 5-6 small meals throughout the day will help you lose weight. By eating small, frequent meals throughout the day you boost your metabolism to an elevated level which burns more calories in your body. In addition, it "amps up" your energy level. Eating every 2-3 hours tells your body you are giving it energy and that it does not need to store calories as fat. By eating more frequently your body will become a fat-burning machine!

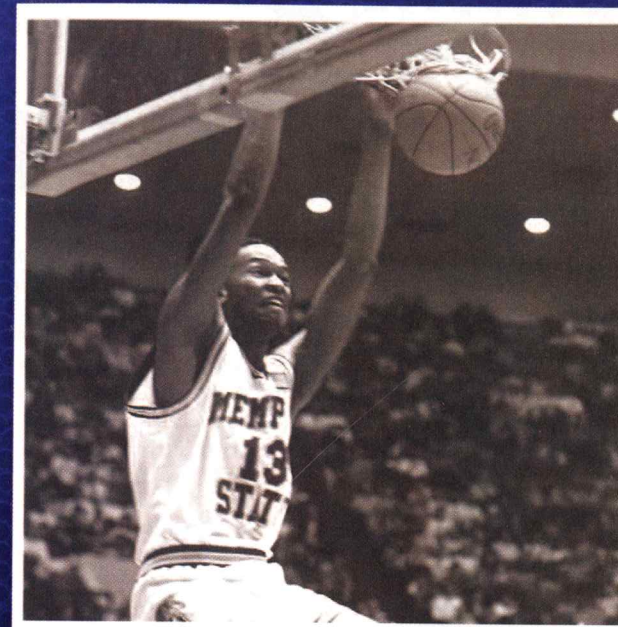
Of course, it's not just as simple as eating more often. The truth is that you also must eat more intelligently. You have to begin to pay attention to what you eat and begin making healthy choices. Here are some basic guidelines to help get you started on a proper eating plan:

- Start a nutrition log. Begin writing down everything you eat, the times of day that you eat and all nutritional information.
- Incorporate fruits, vegetables, lean meats, low-fat dairy products and whole grains into your daily meal plan.
 - Begin grocery shopping on the outer edge or perimeter of the grocery store where the meats, eggs, fresh fruit and veggies are kept, rather than in the middle where everything comes in boxes, bags and cans.
 - Make sure each small meal has a lean protein source.
- Plan your meals/snacks ahead of time. This will take a little extra time and planning, but this is the key to making the proper food choices all day.
 - Seek the help of a certified, experienced personal trainer/nutritionist. He or she will be able to provide you with the proper nutritional guideline tailored to your specific goals.

Remember, you didn't gain weight overnight, so you can't expect to lose weight overnight either. It will be a gradual transition which requires you to be committed and to change your lifestyle. A healthy eating regimen along with a consistent cardiovascular and strength-training program will help you achieve your ultimate weight loss/fitness goals. 

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PERSONAL TRAINING: Five Things That Drive Me Crazy

by MANDY POLK

As an experienced trainer and professional athlete, I get a lot of questions from beginners regarding health, nutrition, and exercise. Most of the questions are good questions. But even some of the most well-intentioned inquiries can start to sound like fingernails on a chalkboard after a while. I do not blame the newbies for their inexperience or lack of reliable information, but it doesn't mean the myths they're touting don't irritate me just a tad bit more than hearing that Nickelback song for the 700th time. Since I can't just change the station on these lost souls seeking a tidbit of advice or affirmation, I thought I would address some of my training pet peeves and settle the score right here and now.

1. I ate _____ (insert reasonably healthy meal choice here. Example: a taco salad from On the Border with grilled chicken and less sour cream.) Is that good?

Of course it's good! You know it's good, otherwise you wouldn't be telling me about it. But, let's say you put food in your mouth about 4 times a day on average, so that's 28 times you eat a week. What about the other 27 meals? That's what really matters.

2. How do you feel about the _____ (insert fad-diet here: South Beach, Mediterranean, Atkins, Cabbage, Red Pepper, etc.) diet?

All diets don't work and all diets work. Confused?

Every single diet out there is basically a high protein, lower calorie diet designed with a few basic principles in mind. They keep blood sugar levels steady and prescribe smaller, frequent feedings. These diets rely on a few catch phrases and

bells-and-whistles to attract the potential "dieter" (a.k.a. customer, consumer).

People want to feel that they're on a customized program with specialized ratios of exact macronutrient percentages, manipulating their leptin levels, and fighting internal, silent inflammation, whatever that is.

So they follow the diet. They buy the books, the products, the special cereals and the bars. And wouldn't you know they lose weight?

Once they return to normal life for a minute, they realize how difficult it is to chart every detail in the day around South Beach.

This is the reason why all diets DON'T work. They rely on consumer dependence, telling people what to eat instead of teaching them how to eat.

Once a former dieter returns to eating everything that isn't nailed down to the table, they gain the weight back and realize that they never truly learned anything in the first place.

3. Right now, I want to focus on cardio to lose the weight.

Training the aerobic energy system, no matter what your fuel source is (fat or carbohydrates) creates little to no afterburn effect. That means when you strip off your sweat-soaked t-shirt, the party is over right then and there. Your metabolic rate returns to what it was when you were watching the Today show this morning.

But I was on the elliptical for almost an hour and I was really sweating a lot!

Just because you spent the time and you perspired does not mean what you

were doing is optimal. Tapping into the anaerobic energy system is what is going to help you continue to burn calories long after the workout is over, up to 48 hours after! Anaerobic means without oxygen. Which means you can't breathe. Which is why your hour-long elliptical workout is pretty close to worthless, because you could breathe just fine the whole time.

So how do we go for the afterburn? Train in such a way that creates an oxygen debt, which is a fancy way of saying you can't breathe. Short, intense bursts of activity, such as weight training, sprint intervals, plyometrics, even running after tennis balls and changing directions.

Cardiovascular activity indeed has its place in any balanced training routine, but in most cases it shouldn't be the meat and potatoes of your training regimen.

4. I can't make my workout today because _____ (insert crazy excuse here, i.e. the dog got out, I have too many errands, blah, blah, blah, etc.)

Making excuses is what gets you in poor physical condition in the first place. Don't go back down that road.

5. I want to strength train and tone up, but I don't want to get too big!

In his prime, Arnold Schwarzenegger would usually gain 3-5 pounds of solid muscle mass between bodybuilding contests. What makes you think you're so gifted that you'll blow up into the next Mr. Universe or Mrs. Olympia overnight? If that's the case, I would embrace that and capitalize on those superhuman genetic capabilities!

Trust me, you won't wake up and look like Arnold. I hate to break it to you, but it's just not possible.

So quit making excuses, stop the crazy diets, pick up some weight, abandon your fear of breathlessness- you'll be alright, few have died from it before! - and get out there and push yourself. **MP**

Mandy Polk is a professional fitness competitor and personal trainer. For more information contact Mandy Polk at fitmandy2000@yahoo.com.

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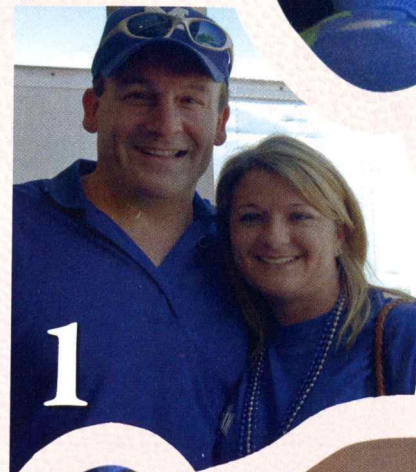
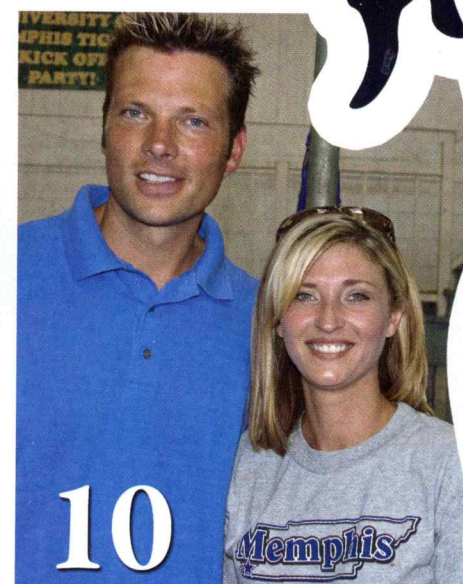
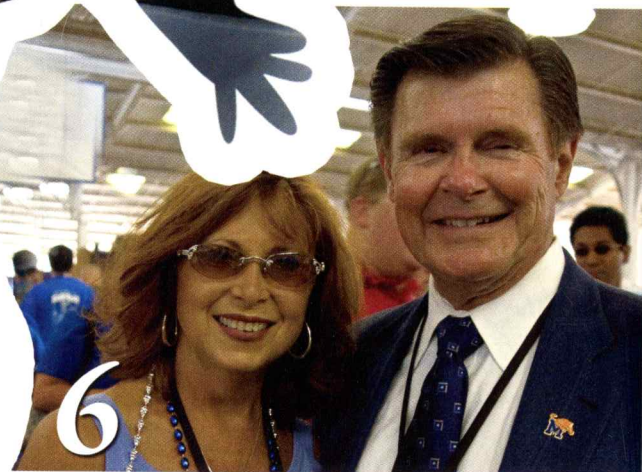
TAILGATING

Bank of Bartlett "KICKOFF PARTY" at the Liberty Bowl

SEPTEMBER 1, 2007

photos by SEAN DAVIS

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| 1. Vaughn and Amy Johnson | 8. Lauren Anderson, Calley Anderson, Harold Byrd, and Belinda Anderson |
| 2. Kemp Conrad Jr. | 9. Genoyce Burt and Tommy Cotham |
| 3. Sam Greenlee, Theresa Hurd, and Bobby Bledsoe | 10. Judd and Margie Massey |
| 4. Shea Randle and Karen Kallaher | 11. John and Wanda Byrd |
| 5. Scarlett and Walter Crews | 12. Marcus and Alicia Edwards |
| 6. Melba and R.C. Johnson | |
| 7. Spencer and Sarah McDonald | |



In my younger days

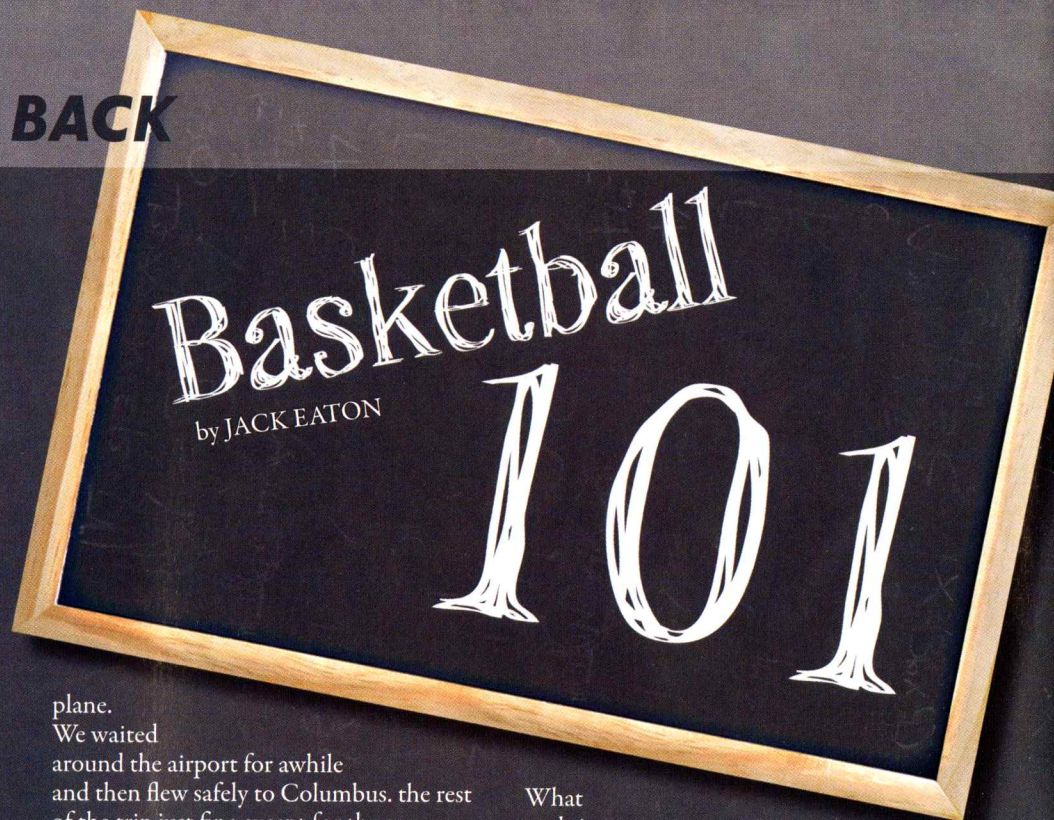
I played a lot of basketball; high school, college, and in the service. Yeah, I played a lot and against some pretty tough guys, too. So when I was hired as the broadcaster for Memphis State, I felt pretty confident that I was equipped for the job.

My first broadcast was in 1959 against the Ohio State Buckeyes in Columbus. Now, I should mention that this was the highly regarded team featuring Jerry Lucas, John Havlicek, Bobby Knight and others. But the Tigers weren't chopped liver. We had Wayne Yates, later a first round pick of the Los Angeles Lakers, Gene Wilfong and Skip Wolfe, as fine a set of guards as we ever had, and Big George Price who seemed to grab every rebound that Yates missed. I was really pumped for the game.

Our coach was Bob Vanatta. I didn't get much of a chance to talk with him, WMC always gave me lots to do. But in my brief acquaintance with him, I could tell that he knew basketball.

The whole town was excited about the Tigers being in the national spotlight. Ohio State's first game was on the road against Wake Forest. The Buckeyes won by just a few points. Memphis State had former Tiger player, Joe Gummersbach on hand to scout the game. Joe was a great kid. He was a point guard before there were point guards. But as a scout he didn't quite measure up. His report stated that Ohio State was indeed a fine team. They had size, speed, and were well-coached. But, he gathered that Lucas was just another good college player; nothing special. Ha!

I should have known that the basketball Gods were against us on the way up to Columbus, Ohio. In those days we traveled on the Holiday Inn Company plane. It was a C-47 or rather as civilians call them a DC-3. Anyway, on the way we had to make an emergency stop in Nashville. It seems the plane lost one engine and the pilot deftly landed the



plane. We waited around the airport for awhile and then flew safely to Columbus. the rest of the trip just fine except for the game.

The 1959-60 Buckeyes won the NCAA championship and they made it to the finals the next 2 years, losing to Cincinnati each time. These guys were good.

Lucas was sensational. He scored 36 points in the first half. He sat out the rest of the game but his teammates rolled up the score. We were smoked 94-55.

The post game show was called "Vanatta On The Spot." The idea was that I was to ask Coach Vanatta controversial questions. I was in a quandary. We had just been drubbed and I was to get cute with the coach. Now, for Basketball 101.

Coach Vanatta sat down and I said something like, "Great Scott, what happened?"

He thought for a moment and then began his answer. He talked about mismatches and how Ohio State capitalized on them when certain combinations were in the game.

DUH!

The offensive sets that were supposed to work didn't because Ohio State used a different defense.

DUH!

Then he discussed other aspects of the game that I, quite frankly, were not aware of. It didn't take long to realize that I was in over my head.

What to do?


From that point forward, I decided not to display my ignorance by asking dumb questions. I either agreed with the coach or I said something like, "Boy, oh boy, is Jerry Lucas something."

The show finally ended and back at the hotel I made a decision. Coaches do what they do and broadcasters do what they do. The rest of the year I learned more about basketball than I ever had before.

It was a great year and everybody seemed to like it. We finished 18-5 and got an invitation to the NIT. Providence College beat us by a point.

It was a good thing that I remembered some advice my Athletic Director in high school gave me. He said, "Jack, no one will ever know how little you know about a given subject until you open your mouth and tell them." That man was J.B. Leidig, and of all the advice I've ever been given that has to rate in the top 2 or 3.

Coach Vanatta lives in Florida and my wish for him is that he live long and prosper. He is a great guy.

This year the Tigers have a realistic shot to win the national championship. They'll have lots of moral support from the old players and broadcasters.... And of course...Coach Bob Vanatta. 

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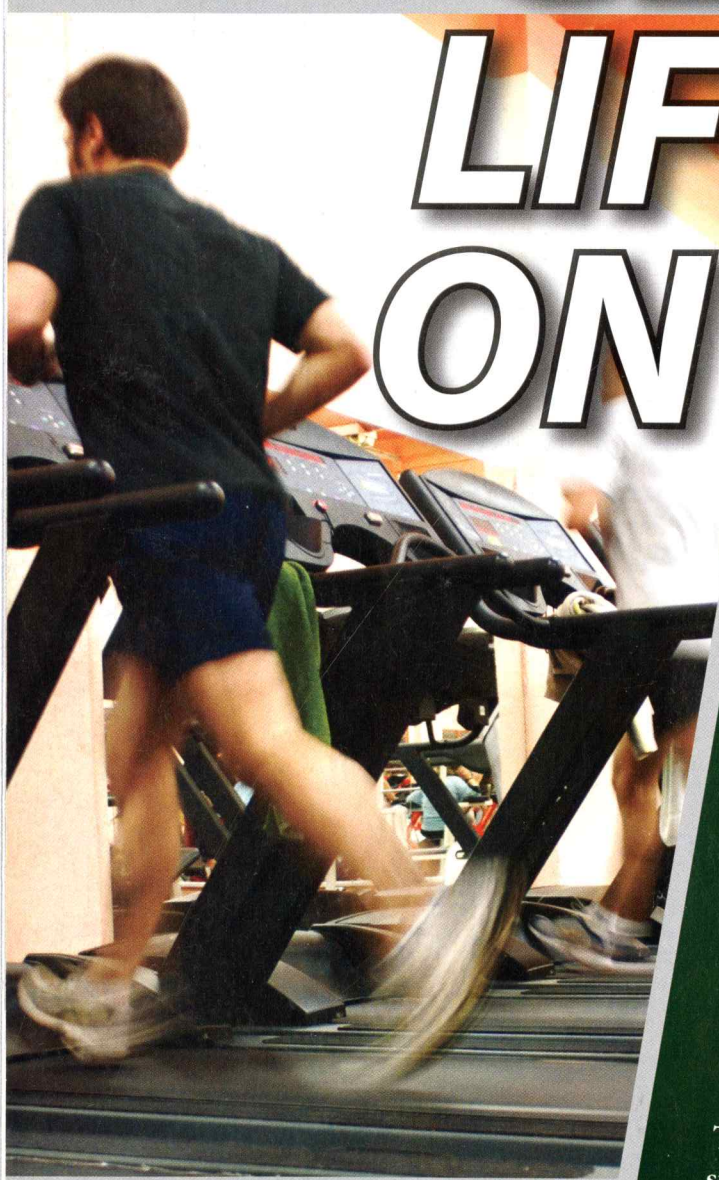
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